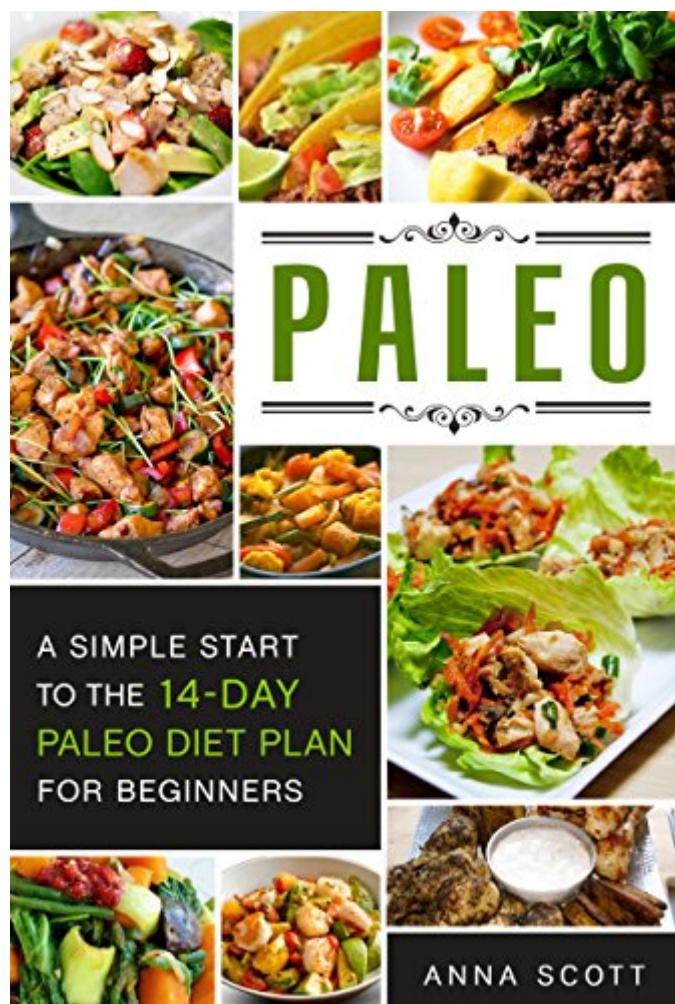


The book was found

Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo Books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook Delicious Recipes 3)





Synopsis

Paleo : A Simple Start To The 14-Day Paleo Diet Plan For BeginnersGet this Kindle book now for only 0.99. Regularly priced at \$5.99. Read on your PC, Mac, smart phone, tablet or any Kindle device.~ READ FREE WITH KINDLE UNLIMITED~Ever wonder how the prehistoric people lived longer and healthier lives compared to the 21st modern man despite the absence of advanced technology? There are three keys to this secret rolled into one approach known as the Paleo Diet. In this book, Paleo For Beginners: A Simple Start To The 14-Day Paleo Diet, you will discover the three components that made Paleo such a success. More and more people are becoming Paleo enthusiasts for one reason only – the Paleo diet works! Unlike hundreds of diet fads available to man today, Paleo diet can boast of the following:
• It has withstood the test of time. Paleo diet has survived for hundreds of thousands of years already. Plus, with the way things are going for Paleo, it is obvious that this dietary regimen is here to stay for thousands of years more.
• It has holistic benefits. Paleo is more than just giving you your dream physique. It is also about giving you a mental, emotional, psychological, social, occupational and even spiritual health. It focuses on the totality of the person, not just on one aspect only. Its main target is for man to have a quality, successful, healthy, and happy life.
• Compliance to the therapy is high. Why? Simple. Paleo is easy to do, fun and effective.
• Plus, paleo offers so much more! Learn about them today. Let this book be your guide as you start your journey to a healthier, happier, fitter and more successful life! Here is a preview of what you would find in this book. Chapter 1 Paleo Is Not A Diet Fad, It's A Way of LifeChapter 2 The Evolution of Paleo Diet – Prehistoric Era to Present TimeChapter 3 Understanding the Mechanics of Paleo DietChapter 4 The Other Components of Paleo Diet (Simple Living & Healthy Lifestyle) Chapter 5 Why Paleo Diet Is A SuccessChapter 6 The Science of Paleo Diet – How Does It Work?Chapter 7 The Paleo Solution and Its Holistic BenefitsChapter 8 The Paleo Kitchen – How Does it Look Like? Chapter 9 The 14-day Plan – Sample 2 Weeks Meal Plan Chapter 10 Easy To Make And Delicious Paleo RecipesChapter 11 Paleo and You (The Paleo Girl and The Paleo Boy)Live your life to the fullest. With the help of Paleo diet, you can enjoy life and experience real living!Download your copy today! To order, click the BUY button and download your copy right now!

Book Information

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Customer Reviews

This is one of the best books on Paleo I have read. I love the way the author defines the Paleo Diet- it's not only about what you eat, but also about how you live. In other words, she wants you to embrace a natural, stress-free, Paleolithic lifestyle as much as possible. Now I don't follow the Paleo Diet full-time, because I like some grains like quinoa, brown rice+ some lentils every now and then, and these as we know are off Paleo. However, I believe that there is always something to learn and that everyone can go as Paleo as they want/can/feel like. I love veggies, fruits, herbs, nuts, seeds and fish- and these of course are Paleo, so I may say my diet is 90% Paleo. IT's all about going back to the roots and listening to your body. This book is written with passion for the topic- a passionate writer makes a great writer. Even if you are not a 100% Paleo follower- I recommend this book, it will inspire you to change something in your life.

I appreciate this book for all the info it gave, however, I wished this book has given full recipes that will go along with the plan. I have read some Paleo books before and I do love the longer ones. This book has been short, since it has no full recipes like what I've said, but it can be a good springboard too.

I only gave 3 stars because there were not full recipes for the 14 day plan, just example menus. I

would have liked to have the recipes to go with the plan.

What a great cover! All the great illustrations of food is certainly enticing. Once inside the book, the reader will discover what a paleo diet is and what it entails. Personally, I had no clue what one was so it was interesting to find out. While I won't be trying the diet because there's way too many things this diet wants you to give up, it does have some amazing recipes that I would like to try. I am always looking for new healthy things to try. The only thing I didn't like about the book was the lack of illustrations included to accent the recipes.

An easy to understand over view of a seemingly workable healthy way of eating. Would recommend reading. A concept to really consider as an over all healthful way of life mentally as well as physically.

Very informative and quick introduction to paleo. Just what I needed.

Sucks don't waste your money.

Awesome Plan Loving this plan! Easy to follow!Very informative and great for newbies like me trying to get this paleo diet right.! Paleo is a great sours of becoming healthy and not eating all the processed foods anymore.

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