



**The Paleo Diet for Beginners: Easy Paleo Diet Recipes To Lose Weight and Live Healthier: Practical Paleo meal plan - Lose Weight, and Take Charge of Your ... Diet cookbook for Every Day Healthy Living)**

*Dr Janet D Williams*

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# **The Paleo Diet for Beginners: Easy Paleo Diet Recipes To Lose Weight and Live Healthier: Practical Paleo meal plan - Lose Weight, and Take Charge of Your ... Diet cookbook for Every Day Healthy Living)**

*Dr Janet D Williams*

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## **The Paleo Diet for Beginners: Easy Paleo Diet Recipes to Lose Weight and Live Healthier**

**Today only, get this Amazon bestseller for just \$4.97. Regularly priced at \$7.97. Read on your PC, Mac, smart phone, tablet or Kindle device.**

With The Paleo Diet for Beginners you're about to discover the Easy Paleo Diet Recipes to Lose Weight and Live Healthier. Discover the "Practical Paleo meal plan: Lose Weight, and Take Charge of Your Health with the Paleo Diet for Beginners"

### **Here Is A Preview Of What You'll Learn...**

- What is the Paleolithic Diet
- Foods you should include on the Paleo Diet
- Foods you should avoid on the Paleo Diet
- Paleo Breakfast Ideas
- Lunch Ideas
- Appetizer Ideas
- Main Course paleo meal Ideas
- Dessert Ideas
- Much, much more!

"The Paleo Diet for Beginners: Easy Paleo Diet Recipes To Lose Weight and Live Healthier Practical Paleo meal plan - Lose Weight, and Take Charge of Your Health With The Paleo Diet for Beginners," is a must read cookbook you need for your day to day healthy diet cooking lifestyle.

You may have decided that you want to lose a little weight, but you don't want to try anything too restricting or faddy. You may want to become healthier, but don't want to follow a diet that involves buying ingredients with which you aren't familiar. Or perhaps you have recently found out that you are glucose- or lactose-intolerant and are looking for recipes that avoid gluten and/or dairy products without losing out on the nutrients that your body so desperately needs.

In any of these cases, the paleo (short for Paleolithic) diet may be for you. Also known as the caveman, Stone Age, or hunter-gatherer diet, it is a back-to-basics diet that enables you to eat virtually what you like from a wide range of food choices, provided they haven't been processed. You won't really need to calorie

count and, as you'll see from the following chapters, you'll find that many of your usual recipes can easily be adapted, if they aren't already permissible.

By following the meal plans in this Paleo diet for beginners e-book, you could just change your life. By excluding processed foods and cooking from scratch, you will know exactly what goes into your body and will naturally start to shed the pounds. You won't even need to make many adjustments to the food you make for your family either; in fact, if you don't tell them, they may not even notice that they have changed their eating habits!

**Download your copy of "The Paleo Diet for Beginners Book" today!**

Take action today and download this The Paleo Diet for Beginners book for a limited time discount.

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**Timothy Hawkins:**

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