



Paleo for Weight Loss: The 14-Day Healthy Eating Plan: Find Out If Paleo Is Right for You (Paperback)

By Donna Leahy

Food Arts Fusion LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You've heard the buzz. So what is Paleo? Can you lose weight on Paleo? And is it right for you? Paleo for Weight Loss: The 14-Day Healthy Eating Plan will show you how to adopt a Paleo lifestyle in order to feel healthy, lose weight, and increase your energy level. Developed by a renowned professional chef and author of the top-selling Paleo Easy as 1-2-3, this comprehensive guide will help you decide if the Paleo lifestyle will work for you through a 14 day healthy eating plan. Set yourself up for success with a Paleo shopping guide, 14 days of menus with easy to follow recipes and a list of Paleo-recommended foods plus a list of what food items you should avoid. Enjoy Paleo-friendly versions of over 50 delicious recipes for every meal, created and tested by Chef Donna Leahy and accompanied by mouthwatering photos for each day of the challenge. Lose weight while enjoying every satisfying and delicious bite. Chef Leahy's detailed instructions and easy to find ingredients will have you cooking like a Paleo pro in minutes....



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