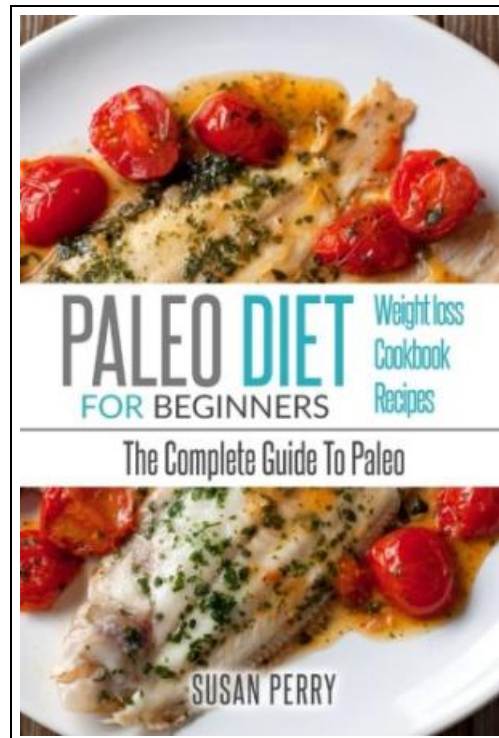


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Reviews



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Look and Feel Great with the Paleo Lifestyle! Do you consume too many carbs? Are you tired filling your body with chemicals every time you eat processed foods? Is it time to lose weight, get healthy, and give your family the best possible nutrition? If so, Paleo for Beginners is the book you've been waiting for. This comprehensive guide to the Paleo lifestyle explains the ins and outs of the Paleo diet. Inside, you'll learn how to get the diet humans evolved to consume, cut out gluten, and sculpt a fit, healthy body. When you replace the toxins found in grains and processed foods with a natural, well-rounded diet, you'll be amazed at how great you can feel! Paleo for Beginners explains why your body needs a diet full of tasty fruits, nuts, tubers, and naturally-raised animal products. It also explains which processed, nonorganic, and processed foods you must stop eating - immediately! Since you're probably wondering how to fit this diet into your everyday life, Paleo for Beginners provides a wealth of Paleo Diet recipes for every meal of the day - Breakfast, Lunch, Dinner, and even Snacks: Basil and Zucchini Breakfast Frittatas Strawberry Paleo Muffins Poppy Seed Breakfast Bread Paleo Pancakes Plantain and Chorizo Hash Chicken Fajita Salad Grilled Peach and Shrimp Salad Paleo Squash Soup Potato Soup with Ham Ceviche, Mahi Mahi, and Mango Tacos Marinated Flap Steak Fajita and Poblano Kabobs Ginger Steak Bulgogi Red Beef Curry Chicken and Pineapple Kabobs and so much more! You'll impress your friends and family with the delicious Paleo Diet meals, treats, and snacks you'll find in Paleo for Beginners. Imagine surprising your guests with coconut...

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