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Paleo Diet Recipes: (2 in 1): The Ultimate Paleo Meal Plan for Weight Loss Guaranteed (Delicious Paleo Weight Loss Recipes Which You Can Make with Slow Cooker, Air Fryer and Crockpot) (Paperback)

By Kevin Miller

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Book 1 Do You Want To Lose Weight, Build Muscle And Live Healthier? Are you serious about your body and want to get rid of processed foods? Is it time to lose weight, get stronger and live the healthy life you always wanted? The Paleo Diet is one of the fastest-growing ways of losing weight which has been proven to work for all types of people. Unlike other diets it provides all the essential foods and nutrients required, while maintaining a healthy balance and range of choice, and has quickly become established as one of the healthiest diets around. In a concise, step-by-step way, Paleo for Beginners walks you through the process of transforming your health by adopting a Paleo lifestyle. Paleo for Beginners teaches you: Chapter 1: Introduction Chapter 2: Advantages Of A Low Carbohydrate Paleo Diet Chapter 3: General Guidelines to Bear in Mind Chapter 4: Do s Do not s Of Paleo Diet Chapter 5: Delicious Recipes The goal of this book is to guide you on the right path of an effective diet through our delicious and...



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