



Paleo Diet: The Complete Paleo Diet for Beginners to Lose Weight and Live a Healthier Lifestyle, 30 Day Paleo Challenge

By Matthew Scott

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 300 pages. Dimensions: 8.0in. x 5.0in. x 0.7in. Paleo Diet 2 PALEO DIET BOOKS IN 1: The Complete Paleo Diet for Beginners to Lose Weight and Live a Healthier Lifestyle, 30 Day Paleo Challenge The Paleo Diet has been in the spotlight for a while now but there are still many aspects of the Paleo lifestyle that have been misunderstood. But thanks to Cassady Wilson, and her new book on the subject, just what it means to go Paleo has become a whole lot clearer. In this book Cassidy goes to great length to describe what foods you should and should not eat, discusses things such as the virtues of good fat versus bad, and even enlightens us about Paleo exercise. Along with all of these kernels of Paleolithic wisdom is a virtual archive of Paleo recipes, covering breakfast, lunch, dinner, and everything in between! She not only highlights what ingredients are good for all of these meals, but also why they are good. You will be amazed with this authors dedication to detail. If you have never heard of the Paleo Diet before in your life, all you...



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