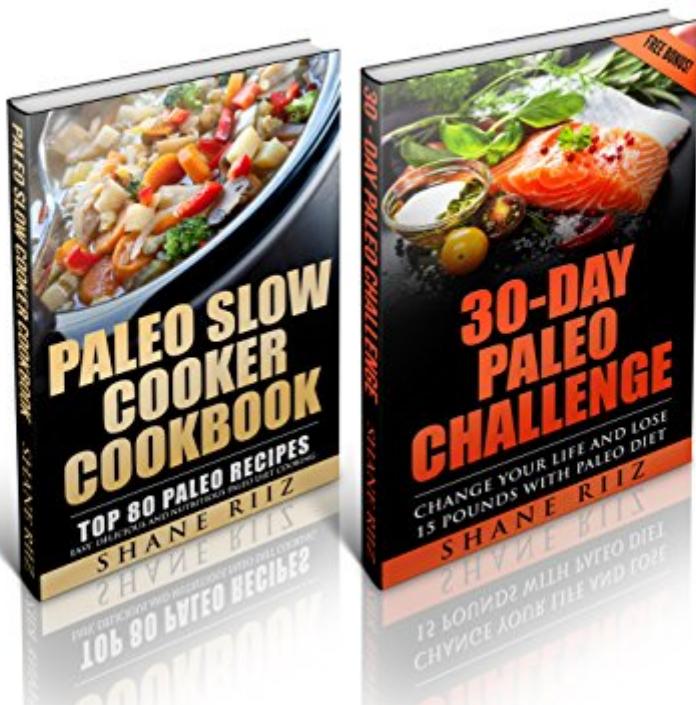


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# Paleo: 30-Day Paleo Challenge - Change Your Life And Lose 15 Pounds With Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series)



## Synopsis

PALEO BUNDLE - 30-DAY PALEO CHALLENGE and PALEO SLOW COOKER COOKBOOK PALEO DIETERS LOSE 15 POUNDS IN 30 DAYS!\*\*\*Claim Your FREE BONUS at the end of the book\*\*\*Download this Bestseller today! Regularly priced at \$6.99. Read on your PC, Mac, smart phone, tablet or Kindle device.Want to try the Paleo diet? Follow this 30-day challenge and you'll be AMAZED with the results!30-DAY PALEO CHALLENGE - Change Your Life and Lose 15 Pounds with Paleo Diet guides you through each and every step of the challenge everyday for the next 30 days.Yes that's right, EVERY SINGLE DAY!This book is not just another book on Paleo diet. It is meticulously put together and provides the most comprehensive information on Paleo diet. This book will be your best friend for the next 30 days because it pushes and motivates you so that you will achieve your desired weight loss goal at the end of the 30 days.Is the Paleo diet just another fad diet?No, in fact the Paleo diet brings you back to the basics of eating not only good food but also healthy food. Using the Paleo diet opens you to a whole range of advantages. Health risks are reduced, endurance and energy are multiplied and most importantly for some Paleo diet followers, weight is controlled and reduced to your desired levels.So what is the Paleo Diet all about?The Paleo diet is one of the few diets that is slowly but surely gaining worldwide acceptance. Its success can be credited to its unique take on the proper diet that is best for consumption. The basic foundation of the diet is found on the Paleolithic era or most commonly known as the Stone Age. The idea behind the diet is that our human ancestors, the cavemen, are one of the most physically fit humans to have ever walked the face of the earth.The secret behind the cavemen's ability is their source of nutrients and energy.During those ancient times, the caveman diet consisted primarily of all natural foods. The food was neither processed nor refined. The contents of the diet were also low on sugar and dairy. The major food groups, which were also the only ones available at that time, were those that were naturally growing in the environment of the caveman. These were simple meats, vegetables, fruits, nuts and seeds.The Paleo diet focuses on weight loss and muscle tone through healthy eating and full-sized portions. NO MORE calorie counting, starvation, or unhealthy changes to your diet!Your target weight is well within your reach as the information and detailed guidance contained in this book will bring you closer to making your health dreams come true!See you on the inside!\*Don't forget to claim your FREE BONUS at the end of the book!

## Book Information

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## **Customer Reviews**

This is a great book which shows that cooking healthy does not have to be long and boring ..persons can enjoy breakfast, lunch or dinner by using Paleo ingredients and preparing the delicious meals from the recipes included.The amazing thing with Paleo diets is that they are flexible for each persons so persons who need to lose weight can do so or those who need to maintain can prepare their dishes accordingly with Paleo's guide.

I got this book in exchange to my honest and unbiased review and the book helped me to loose my extra weight and gain much healthies\r lifestyle so to say. I am very interested in different diets but this paleo diet is the best such conclusion I made after reading this book. I have recommended it to my sister and she found it veryhelpful as well!

This 30 day Paleo Challenge is definitely a must try one if you haven't tried about it yet because after the series of motivation and determination i took the challenge and fortunately it delivery great result totally love this book now!

I haven't really had any idea about Paleo diet at all until I read this book. This book explains how this kind of diet helps us to keep healthy,lean and strong.By following these natural guidelines, we

are putting our health as one of our priorities in life. I would recommend this book to my friends..

This book 30-Day Paleo Challenge is worth to have! The recipes are unique and awesome; and also the book provides comprehensive information about Paleo Diet as well as tips and ways to easily lose weight in just 30-Days! Overall, it was a well-written book that I highly recommend!

It's an easy to follow Paleo diet that really gives you things you needed to know especially that I am a newbie to this one. It's written well and information were well researched. I am on the process on trying this one and hopefully it works for me.

If you don't have enough time to prepare healthy and delicious meals and snacks, this is the book for you. Here you'll be introduced with the benefits of eating a Paleolithic diet. This book is informational, to the point and organized in such a way that you can come back to it again and again for easy reference. Glad to have this awesome recipe book.

I really enjoyed reading this book together with my wife. It gives us the idea on how to achieve our goals. We are impressed in this book since it was straight forward and to the point. A simple read, extremely educational and there were extraordinary formulas.. We are so happy to read this book, we got a lot of recipes from this book which i find very helpful. There are also steps and guide which can help me in preparing this recipes. I will surely recommend this book.

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