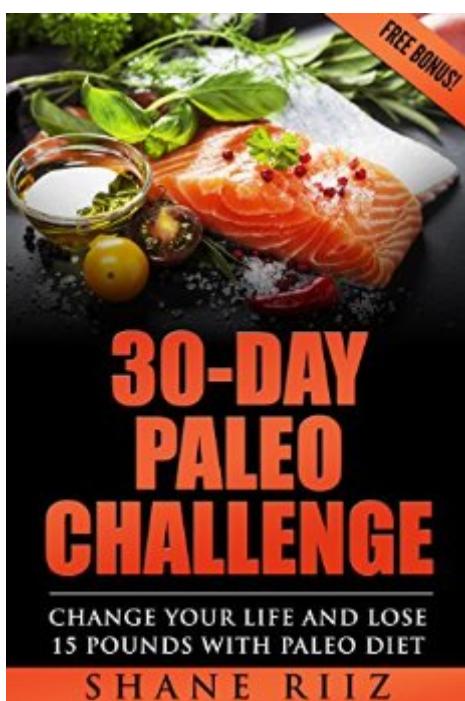


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# Paleo: 30-Day Paleo Challenge - Change Your Life And Lose 15 Pounds With Paleo Diet (Paleo Cookbook, Slow Cooker Recipes, Whole Food)



## **Synopsis**

PALEO DIETERS LOSE 15 POUNDS IN 30 DAYS!!\*August 2016 - UPDATED EDITION\*\*\*\*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

I know that the Paleo Diet has been called the caveman diet with good reason, it's based on the diet that our primal ancestors lived on back before wheat was harvested and there was a McDonald's in every town. While there are definitely cons to the Paleo Diet, there are also some health benefits to eating like humans did 10,000 years ago. I learned from this book the many benefits of Paleo diet such as it's unprocessed, it's all organic. It is also high in fruits, vegetables and healthy fats. This book contains different tips and techniques on how we can achieve and enjoy Paleo lifestyle.

Everything that I need to know about the things needed to know in following paleo diet and living paleo life is here. I'm not yet finishing the 30-day Paleo diet challenge, because it's only been 2 weeks since I started and I can absolutely feel the difference. Paleo diet grocery list for successfully losing 15 pounds, its effect on anti-aging and paleo diet for sportsmen are just some of the topics discussed in this book. Definitely recommended book to those who wants to get started on their journey to living the paleo lifestyle today!

I read the reviews before I bought this and there was only one negative. I can't believe anyone would write a positive review of this after reading this. Besides the numerous typos and inconsistent instructions, the recipes were a joke. In one section he says never eat tomatoes or eggplant but then he puts these two items in the recommended list. Which is correct? There were ingredients

missing in the recipes or instructions missing. Meatloaf recipe was missing the important step of adding the spinach and vegetable mix to the ground pork. And the breakfast frittata didn't list the most important ingredient - EGGS. Most cooks will follow a recipe exactly, I'd hate to think what that frittata tasted like. I wanted to read a book about the Paleo diet, after reading this I'm afraid to try another one. If this got good reviews, there's something wrong with your system. I'd ask for my money back but have no faith that would do that, so I won't even try. I'll go to a bookstore so I can see what I'm buying.

The book helped me to loose weight and I was not suffering from starving. I decided to try my chance with this diet as my obesity began to bother me greatly! So I took this book, it helped me to change my way of eating to healthy one and I feel myself much better now. I also think this is the best diet I have ever tried as it does not hurt your health, but on the contrary helps it so to say.

How to lose weight? This is really big challenge. People spent lot of money and time in exercises and medicines but weight can also be controlled by Paleo diets. In this book there is given 30 day Paleo recipes that can reduce your weight in 30 days. You can lose 15 pounds weight. This is also a detailed introduction of paleo diets. All recipes are easy and quick made. Must try this book.

This book provides an easily understandable insight into what paleo diet actually consists of and why it is important for you. The author also goes into depth on the various nutrients and their effects on your body. He gives you a good idea of which foods are good for you and which foods you should avoid. The Paleo diet is one of the most unique diets I have ever come across. This book explains the diet in great detail. Highly recommended!

This Paleo diet is so much helpful and beneficial in our health. I really loved the presentation of information as well as the instructions are precise and clear. The style of writing is easy to understand and well-presented. The author did a great job. I really love this book because of the content of it.

I have seen dozens of books on Paleo-diet since this trend began a few years ago. However, very few books are as significant as this one. Here I found not only much information on the diet itself, its benefits and how to adopt the diet, but also great recipes. Recipes included for the 30-day challenge are complete with breakfast, lunch and dinner menus. An ideal book for you to start your Paleo-diet

and follow on through it for a whole month at least.

Very pleased with weight loss. I have not lost 15 pounds but I have lost 10. I have no thyroid so it is extra hard for me to lose but I am very encouraged. This will be not so much a diet but a healthy eating plan.

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