



## Paleo Diet Box Set: 100 Delicious Paleo and Paleo Smoothie Recipes for Weight Loss and Optimum Health

By Amanda Hopkins

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Paleo Diet Box Set (2 in 1) Paleo Diet: 50 Easy and Delicious Paleo Recipes for Weight Loss If you want to lose weight, have more energy and feel amazing then the Paleo diet is for you! The Paleo diet is inspired by the diet of our ancestors during the caveman era. Fueled by modern medical and scientific research, the diet is all about eating whole, healthy foods and staying away from processed foods and artificial sweeteners. It takes you back to the days of our primitive ancestors who did not have to worry about high blood pressure, diabetes or obesity. That s because they ate whatever they found; foods that were naturally abundant. Many people turn to the Paleo diet as a way to help them live a healthier life. Others who struggle with health conditions have found that this diet plan can help achieve some relief or even reverse their health problems. In Paleo Diet: 50 Easy and Delicious Paleo Recipes for Weight Loss, you will learn how to transition to the Paleo...



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