



Paleo Diet - The Ultimate Guide, Recipes and Meal Planner: Naturally Reduce Weight, Lose Fat, Maintain Muscle and Achieve A Killer Body (Life Changing Diets Book 3)

Steven J Smith

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This book was designed for the real beginner and the absolute beginner to the Paleo Diet. It talks about the diet from a very basic point of view. Don't expect a lot of technical details included.

The book also includes some practical steps to help you get started on the diet – or at least to try it for a few days. In fact, I have included tips, recipes, and even a simple meal plan that beginners and anyone curious can try for just 3 days.

That way you can get a feel if you can live the Paleo way or not.

[Will you miss this chance to learn how easy and healthy you could lose weight?](#)

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Alan Johnson:

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