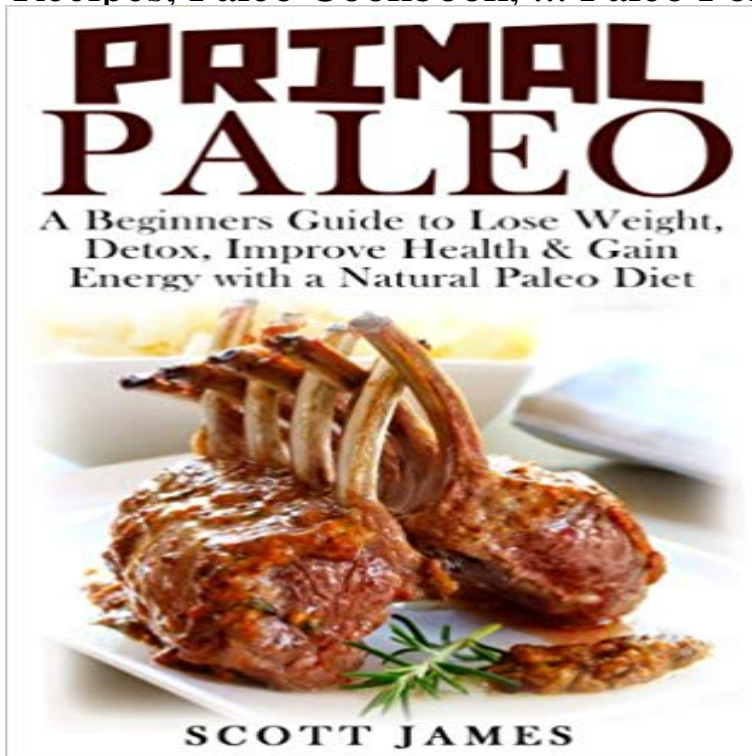


Paleo Diet: Paleo For Beginners To Lose Weight, Detox, Improve Health & Gain Energy with a Natural Paleolithic Diet (Paleo Diet, Paleo Recipes, Paleo Cookbook, ... Paleo For Beginners, Paleolithic Recipes)



The Ultimate Guide To The Paleo Diet!
Are You Ready To Improve Your Overall Health & Wellbeing With An Enjoyable Diet That Has Stood The Test Of Time? *
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* Let me ask you a few quick questions
Are you tired of following fad diets that yield no results? Have you been starving yourself in an attempt to lose weight? Are you trying to lose weight, yet struggling to see results? Do you wish you could drastically improve your health with a few small diet changes? Are you stressed and unhappy? If you answered yes to any of the above questions then Juicing 101 is a must read!. Here Is A Preview Of What Youll Learn... An explanation on what the Paleo diet actually is, along with the top reasons why you should be following a Paleolithic diet A look into the history of the Paleo diet, the diet that has stood the test of time A comprehensive list of Paleo approved and disapproved foods Calories & Macronutrients Explained A guideline for your Paleo meal plan Several delicious Paleo sample recipes How to smoothly transition into a Paleo diet, and what to expect Paleo exercise regime The only recommended supplements to use while following a Paleo diet Much, much more!
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