



The Paleo Diet for Beginners (including 30-day Kick-Start Plan) (The Paleo Diet Series Book 1)

Jessica Matthews

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Interested to learn more about the Paleo Diet and how to successfully implement it into your lifestyle? The Paleo Diet for Beginners, by Jessica Matthews, will enable you to do just that... and it may be easier than you think.

This is a comprehensive yet concise guide to the Paleo Diet and how to succeed in applying it into your lifestyle. This low carb, high protein diet uses whole, unprocessed foods to make you feel healthy, lose weight, and increase your energy levels.

In this guide you will find:

- A full 30-Day Kick-Start Plan to help easily implement the diet into your lifestyle.
- A comprehensive list of Approved Paleo Foods (and just as importantly, a list of which foods to avoid).
- How to shop smart and plan your Paleo Pantry.
- Over 60 of Jessica's favourite recipes broken down into Breakfast, Salads & Soups, Main Entrees, and Desserts & Snacks.
- And most important of all, how you will succeed in adopting the Paleo Lifestyle.

So scroll up and click "BUY NOW" to start living a healthier more energized life straight away!

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