



# **Paleo Diet For Beginners: Learn How to Lose 20+ Pounds With the Paleo Diet (Paleo Diet Recipes)**

*Karen Douglas*

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# **Paleo Diet For Beginners: Learn How to Lose 20+ Pounds With the Paleo Diet (Paleo Diet Recipes)**

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## **Learn How to Lose Weight on the Paleo Diet**

**If you are tired of the same Yo-Yo diets with no lasting results, then the Paleo Diet Lifestyle is for you!**

### **Other Diets**

- Are mostly just fads
- Can be unhealthy
- After they are completed most people gain the weight right back
- Don't always promote a balanced diet

### **The Paleo Diet**

- Offers a new healthy lifestyle solution, not just another fad diet
- Provides a healthy way to lose weight that can be lasting
- Based on whole foods that the paleolithic humans consumed
- Has the backing of several reputable scientist

### **What You Will Learn After Reading This Book**

- You will know the steps to take to lose your first 20lbs on the Paleo Diet
- You will understand the differences between the Paleo Diet Lifestyle compared to other diets
- You will be able to confidently shop for foods that you know you can consume on the Paleo Diet
- You will be able to create delicious Paleo Diet Recipes with the over 30 Paleo Recipes included in the book

### **What Others are Saying**

#### **Great For Beginners... March 12, 2013**

By Franca

I am new to this eating lifestyle and this book has really been a great wealth of knowledge in explaining the different types of eating lifestyles compared to this one. Great and easy recipes and full lists of do's and food lists...

**Get Started Right Now on a Healthier You! Scroll up and click**

# "BUY"

## Authors Other Books

Six Other Great Books From Karen Douglas Available For Purchase (Type the Http Link Into Your Web Browser to View Book Description):

**3 Book Bundle: “Easy Paleo Diet Recipes Cookbook”, “Paleo Slow Cooker Recipes Cookbook” And “Beginner’s Guide to the Paleo Diet”**

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#### **Ann Gross:**

Typically the book Paleo Diet For Beginners: Learn How to Lose 20+ Pounds With the Paleo Diet (Paleo Diet Recipes) has a lot details on it. So when you make sure to read this book you can get a lot of advantage. The book was authored by the very famous author. This articles author makes some research ahead of write this book. This particular book very easy to read you can get the point easily after scanning this book.

#### **Clarine Davidson:**

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#### **Lee Erbe:**

Is it an individual who having spare time then spend it whole day through watching television programs or just resting on the bed? Do you need something new? This Paleo Diet For Beginners: Learn How to Lose 20+ Pounds With the Paleo Diet (Paleo Diet Recipes) can be the response, oh how comes? A fresh book you know. You are therefore out of date, spending your extra time by reading in this brand new era is common not a nerd activity. So what these guides have than the others?

#### **Veronica Shriner:**

In this era which is the greater man or who has ability to do something more are more valuable than other. Do you want to become certainly one of it? It is just simple solution to have that. What you must do is just spending your time not very much but quite enough to enjoy a look at some books. One of several books in the top checklist in your reading list is actually Paleo Diet For Beginners: Learn How to Lose 20+ Pounds With the Paleo Diet (Paleo Diet Recipes). This book and that is qualified as The Hungry Inclines can get you closer in growing to be precious person. By looking right up and review this guide you can get many advantages.

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