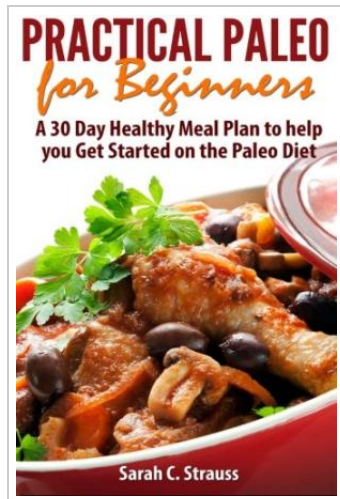




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Practical Paleo for Beginners: A 30 Day Healthy Meal Plan to Help You Get Started on the Paleo Diet

By Sarah C Strauss

Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you interested in the Paleo Diet but you don't know where to start? Would it be easy if someone set you up with easy to follow recipes for an entire month? First and foremost, please accept a giant thanks for landing on this page and taking some time out to have a look over this treasury book. Now, what dragged you to this book? Your desire for healthy eating and a healthy lifestyle, right? Well, the good news is, you are going to get your answers inside this cookbook which is full of healthy paleo recipes. The recipes will give you a thrashing start-up on your healthy living journey. Each recipe also includes the nutritional facts inside that dish so you can keep the track record of your calorie consumption each day. As a matter of fact, paleo and hearty food is not something that's low in calories, instead, it means to have balanced meals in moderation. Where, being persistent is the key to success. If you are following a healthy lifestyle for a week...



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Reviews

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