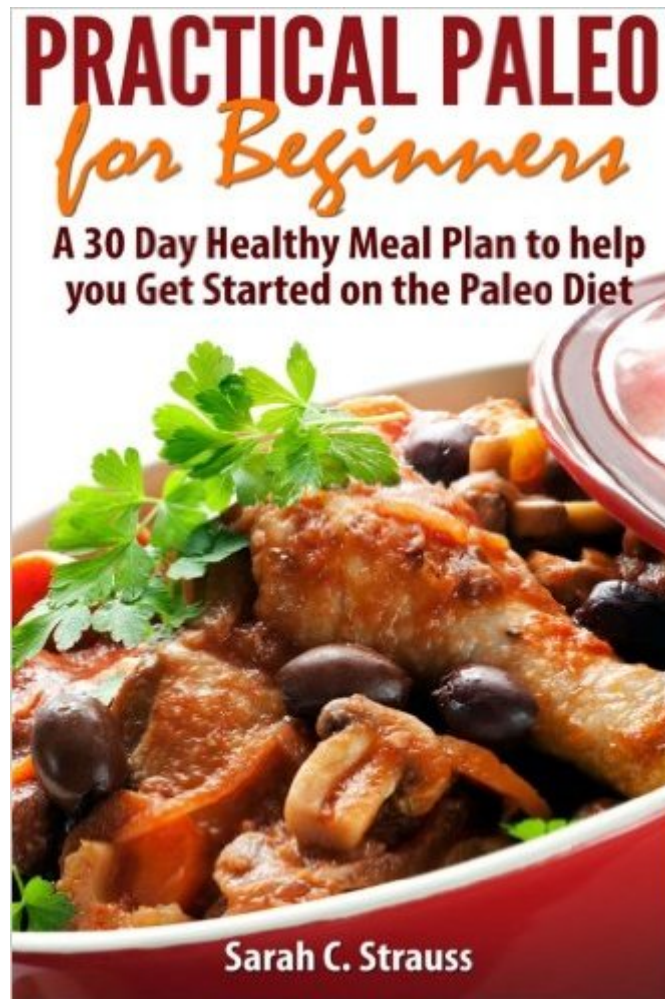


The book was found

Practical Paleo For Beginners: A 30 Day Healthy Meal Plan To Help You Get Started On The Paleo Diet



Synopsis

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 hale 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 or so, that's not the thing. Be persistent and stick to the healthy diet over the lifetime. That's the way to stay healthy and active with little effort.

Book Information

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Customer Reviews

Throughout the week I decided that I would try 3 days out of this meal plan. This meal plan was organized and was very simple for me to follow. I am not a cook by any means and this Paleo book was GREAT!

The paleo diet is crazy... there is way too much info out there for me. This one was concise and gave me exactly what to eat each day.

GREAT healthy guide! I am 2 days in and love it so I figured I would write a review :)

Despite a colorful and appetizing front cover, the photos inside are black and white, uninspiring and unappetizing. I found perhaps one recipe that I might try, but nothing to warrant the cost of this book. Generally if I think I might want to purchase a book, I borrow it from the library first to see if I really like it and will use it. Our library system did not have this book, and perhaps that should have been a warning for me. There are so many really, really good Paleo books out there, and I wish I hadn't wasted my money on this one.

I am looking for new paleo recipes. WOW. This book was very well organized and I have sent it to 3 other friends of mine who have also agreed!

I have been eating the Atkins diet for a long time now, but I really don't wanna do it anymore. This was really easy to follow -- thank you for making my life easier.

I tried the 2nd and 5th recipe. I am not a good cook but these turned out great. Great directions

Not bad, but must use recipes selectively - some are high sugar and some are not particularly low carb. The best approach for weight loss and health is high fat + very low carb (read *Why We Get Fat* and what to do about it, by Gary Taubes). Only some of these recipes meet the low carb/ high fat/ moderate protein goal.

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