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## Paleo Bible: The Ultimate Guide: with The Top 150 Paleo Diet Recipes 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss Vibrant Living (The Approved Beginners Paleo Cookbook)

By Silas Stone

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 226 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. If Creative Low-Carb Paleo Recipes are What You Seek, then Look No Further. Follow the ONLY nutritional approach that works with your Genetics to help you stay Lean, Strong and Energetic. . . just the way our Ancient Ancestors Lived! The 150 Authentic, Original and Wild recipes with 1 FULL Month Meal Plan found in this book will get you excited to be in the kitchen, re-creating your favorite dishes with new ingredients that will tempt your palate. This book will use a step-wise approach to take you through the Paleo Diet and further beyond into the practical application of making healthy and super tasty recipes. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness. Some of the Profound Benefits You will Experience: Increase Energy Levels and Vitality Accelerated Fat Loss Improved Mental Focus Lower Blood Sugar and Cholesterol Hormonal Balance Normalized Sleeping Patterns Reduced Anxiety and Stress Think of the Paleo Diet like pushing the reset button with your overall health and relationship with your food habits. Here Is A Preview Of...


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