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## Paleo Diet Cookbook: 50+ Healthy Paleo-Friendly Recipes for Breakfast, Lunch, Dinner, and Dessert (Paperback)

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By Former Senior Lecturer John Carter

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. IMAGINE IMPROVING YOUR ENERGY, TRIMMING YOUR BODY SIZE, BOOSTING YOUR IMMUNE SYSTEM AND STILL EAT SATISFACTORILY! It will not be surprising if you doubt that such health benefits are possible on a full stomach because most diet programs ask you to either kill your palate with ridiculous insipid culinary combinations or want you to forego taste and everything you usually eat for a healthy body. Our body is so important that we should do whatever it takes to keep it healthy, even so; we can keep our body healthy and still eat tasty and satiating meals That is what Paleo diet makes possible! The Paleo Diet is about resetting the body so it functions at its highest level of health. Eating a diet similar to the eating food by our caveman ancestors, hundreds of centuries ago. This type of diet was partly responsible for their longevity and enduring fitness. The Paleo diet was and is so effective because it is composed of natural ingredients that we are naturally designed to eat. The Paleo Diet Cookbook is a guide to gaining enduring...



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