



Everyday Paleo For Beginners: Everything You Need to Kick-Start the Paleo Diet

Dana Summers

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If you are tired of the same failed attempts at losing weight or just simply looking to “kick-start” your Paleo diet and “eat clean” then this Paleo cookbook is for you! In an easy to follow format it will explain what the Paleo diet is all about, how it works and whether it’s right for you.

You will learn about every aspect of the Paleo diet from the good to the bad as well as foods that are allowed and the ones you should avoid. In addition, you will discover how to cook 25 mouth-watering, Paleo recipes such as Shrimp Stuffed Avocado, Rosemary Lime Chicken, Beef Vegetable Chili as well as scrumptious desserts like Paleo Chocolate Mug Cake and Paleo Pumpkin Pie!

By adopting the Paleo diet, you will not only feel great and have more energy- you will lose weight in the process! Additional key points that will be covered in the book are:

- Benefits of going on a Paleo diet
- Learn how to shop for the Paleo diet on a budget
- Extensive list of foods that are allowed and foods you should avoid
- Helpful tips on how to make the transition and form new habits

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