



# **Paleo Diet: Paleo Diet for Beginners - Amazingly Easy and Irresistible Paleo Diet Recipes to Lose Weight and Get Healthy Fast! (Paleo Diet Cookbook, Paleo Diet Recipes, Weight Loss)**

*Jessie Wail*

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## **Paleo Diet made fun!**

**Today only, get this fantastic Amazon kindle book for a discounted price. Regularly priced at 3,99. Read on your PC, Mac, smart phone, tablet or Kindle device.** You are about to discover how to manage your weight with Paleo diet. You will also learn why Paleo dieting should not be complex and how you can incorporate it in the whole family meals. Paleo dieting is a lot of fun. The food is awesome and incredibly easy to make for everyone, what with the great recipes for dinner, lunch and breakfast that we bring in this book.

Embarking on Paleo dieting will require you to make many changes in the kitchen. For example, you will have to get rid of processed foods and even grains from your pantry. The caveman did not eat those. Foods like fish, seafood, lean meat, liver, eggs, fruits, nuts, seeds, vegetables and roots and tubers are some of the components that make up the caveman diet. Remember, the Paleolithic man did not farm or rear animals. He was a hunter and a gatherer, earning his living from the generosity of Mother Nature. We will bring you Paleo recipes that are easy to put together.

## **Here Is A Preview Of What You'll Learn...**

- What is Paleo dieting
- What foods to avoid
- What foods to eat
- About Paleo breakfast, lunch, dinner and even snacks
- How to make Paleo diet part of your everyday family meals
- The benefits of Paleo diets
- How to lose weight with Paleo diet and keep it lost
- How Paleo diet enhances your metabolism
- About customizable Paleo eating recipes for everyone
- Why Paleo diet is all the rage today in the world of food
- About good calories – from proteins, and not so good calories – from junk foods

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