



Paleo Diet Secret Guide for Beginners: How to Lose Weight and Get Healthy from Paleo Diet (Paperback)

By G H Team

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Paleo diet, also known as the Caveman diet, focuses on a healthy living style with low-carb, high-protein foods and removes all processed foods from your daily life. Forget the old-fashioned diets and move on to the healthy living diets with the Paleo way that you will never be bored again. What You Will Learn In This Paleo Diet Secret Guide for Beginners: Chapter 1: Right Now You Know About The Paleo Diet What Is The Paleo Diet And What Are Its Health Benefits? Paleo Diet vs. Low-carb Diet: The Pros and Cons Pro Con: Paleo Diet VS Atkins Diet Pro Con: Paleo Diet VS South Beach Diet, Which One is Better? Chapter 2: Let s Get Something To EAT A Chance To Learn More About The Different Nutritious Foods In The Paleo Diet Let s Go Shopping: What Are The Right Paleo Diet Foods At Supermarkets? Let s Go To Party: Examples of Paleo Foods at the Parties Restaurants When Your Paleo Diet Is Not Enough: Supplementing Paleo Diet Without Difficulty Chapter 3: Time to Diet How...



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