



Paleo for Beginners: The Ultimate Guide for Getting Started With The Paleo Diet Plan With Easy Recipes (Caveman Diet)

Sam Gailey

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The Paleo diet can be overwhelming but this book makes it easy for you to get started feeling better about what you eat.

This book contains proven steps and strategies on how to begin with the Paleo diet. This book comes packed with easy-to-make paleo recipes.

The Paleo diet has withstood the rigors of scientific scrutiny as well as the test of time. Have a healthier body by starting with the paleo diet plan.

Benefits include weight loss, improved blood lipids and reduced pain from autoimmunity.

You'll learn about the benefits of the Paleo plan as well as some easy to make recipes to get you started.

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

- What is the Paleo Diet?
- History of the Paleo Diet
- Health Benefits of the Paleo Diet
- What's on the Menu?
- Easy-to-make Recipes
- and more!

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