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Paleolithic Diet: Digging Deeper into the Original Human Diet and Paleo Recipes

Lindsay Sullivan, Summers Bill

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Paleolithic Diet Digging Deeper In To The Original Human Diet and Paleo Recipes Are you looking for a healthier way of eating that will help you lose weight and improve your overall health? If so, this book on the Paleolithic Diet can help. This helpful book offers essential information on Paleolithic nutrition, the history behind this diet and a look at why it's one of the best healthy diets available today. Not only will you learn more about the Paleolithic diet plan when you read this book, but you'll find helpful lists of Paleo foods, a great sample Paleolithic diet menu to follow and many great recipe ideas to get you started on the Paleolothic diet plan. Not only will you find some incredible recipes within this book, but the book also provides a closer look at the Caveman diet. Learn more about the secrets behind the diet and the science that shows that this may be the best diet to lose weight. You'll even get a look at the benefits the diet has to offer you, from weight loss to incredible health benefits that can change your life. What will you get when you decide to purchase the Paleolithic Diet book? The following are some of the things that you'll discover once you begin reading this book: - Information on this history behind the Paleolithic diet plan - A close look at the main benefits of eating Paleo foods - Tips for purchasing the right foods for the diet - Preparation tips for various types of meat (ie. chicken, seafood, beef) - A Paleolithic diet food list that includes all the foods you can enjoy on the Caveman diet - Helpful meal plan to make starting the Paleolithic diet easier - Modern principles you can use when following this diet - Information on restaurants that serve up Paleo foods - Answers to frequently asked questions - Delicious Paleothic breakfast recipes to start out your day - Easy lunch recipes that follow Paleolithic nutrition principles - Tasty bread recipes to enjoy

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