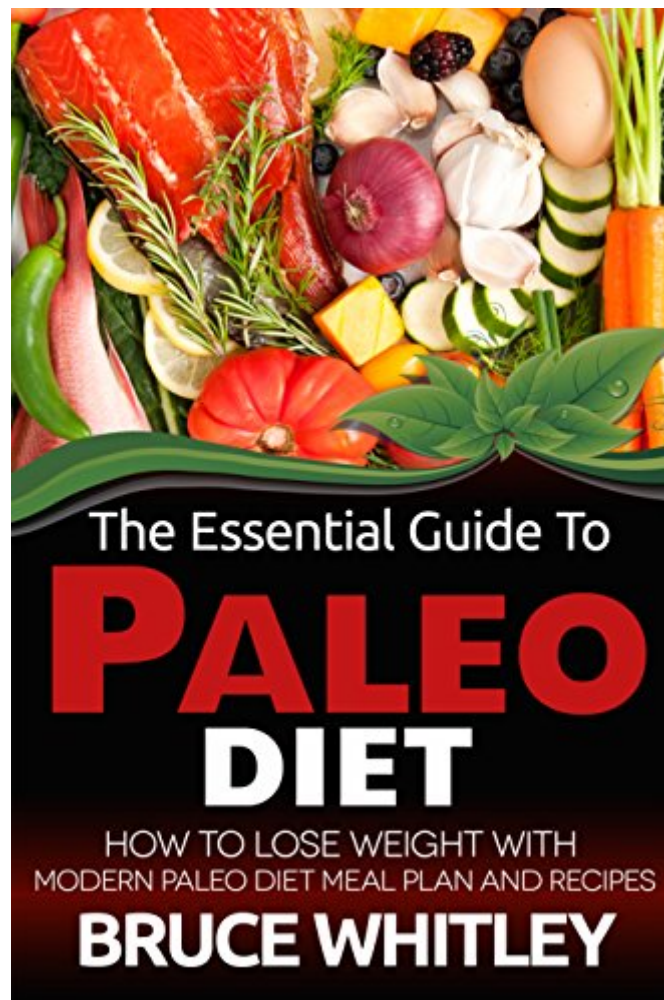




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# The Essential Guide To Paleo Diet: How To Lose Weight With Modern Paleo Diet Meal Plan And Recipes



## Synopsis

You Too Can Lose Weight With the Modern Paleo Diet Did you know that the Paleo diet is one of the most successful weight loss diet because it is the ONLY nutritional approach that works with your genetics to help you stay lean, strong and energetic? I bet you didn't, but now you do! In The Essential Guide to Paleo Diet, author Bruce Whitley shows you the steps necessary to start the diet and most importantly, finish it! We all know that diets can be a drag, but it doesn't have to be that way! Also known as the Caveman Diet, it can be both fun and beneficial, all you need to do is follow the steps and before you know it, you'll be rocking that Paleo diet like nobody else! Main topics covered in this book: History of the Paleo diet Differences over other low-carb diets Why choose the Paleo diet and how it works Essentials elements How to succeed with Paleo diet Recommended foods What to avoid How to make a meal plan How to execute the plan Delicious recipes And much more! A successful diet plan can be a hard thing to undertake. But it doesn't have to be with The Essential Guide to Paleo Diet book! You'll have the right information at your fingertips, enabling you to conquer the hurdles that may come your way! And before you know it, you'll be a mean, lean Paleo machine!

## Book Information

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## Customer Reviews

The Essential Guide to Paleo Diet by Bruce Whitley is a good text on how to accomplish the Paleo diet and the benefits you will receive from doing it. Some of the topics covered in the book are:

- History of the Paleo diet and why it is different than other low carb diets.
- What kind of foods to eat and what kind of foods to avoid.
- How to make a meal plan.
- The importance of exercise.
- Increasing your chances of success on the Paleo diet.
- Recipes

The author gives lots of good advice on how to buy the right meats, fish, and vegetable for the Paleo diet. My wife and I have a saying that we let our garden dictate our diet. This means that whatever is ripe and harvestable is what we eat that day. The author teaches to let the vegetable supply dictate your shopping list. He goes on to explain that just as my wife and I let what ripe in our garden dictate our diet, if you are buying your vegetables get what is in season and cost effective. There is also a lot of good advice on obtaining good sources of meat and other proteins. If you are interested in starting a successful Paleo diet then this book should be in your library.

This is a very educational book on nutrition and diet. It's very informative on explaining how Paleo lifestyle affects nutrition in general. You will learn key strategies that help make your weight loss trial successful. And you'll learn which foods you should and should not eat and why. It's well written and easy to understand.

You need to read and follow but I feel better and it is easier to change old bad habits than you think!

Nice material to understand how Paleo diet works. You'll learn how to start this diet with a step-by-step guide. Highly recommended.

The author did a good job explaining the important essentials of Paleo diet. It also includes enough recipes to get you started. I have been on this diet for four months, and I feel great.

Easy to follow guide to get started with the Paleo weight loss plan. Lots of helpful advice and delicious recipes.

Very helpful information if you want to get on board with the Paleo diet.

Just what I needed. Very informative and well organized. Recipes are good too.

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