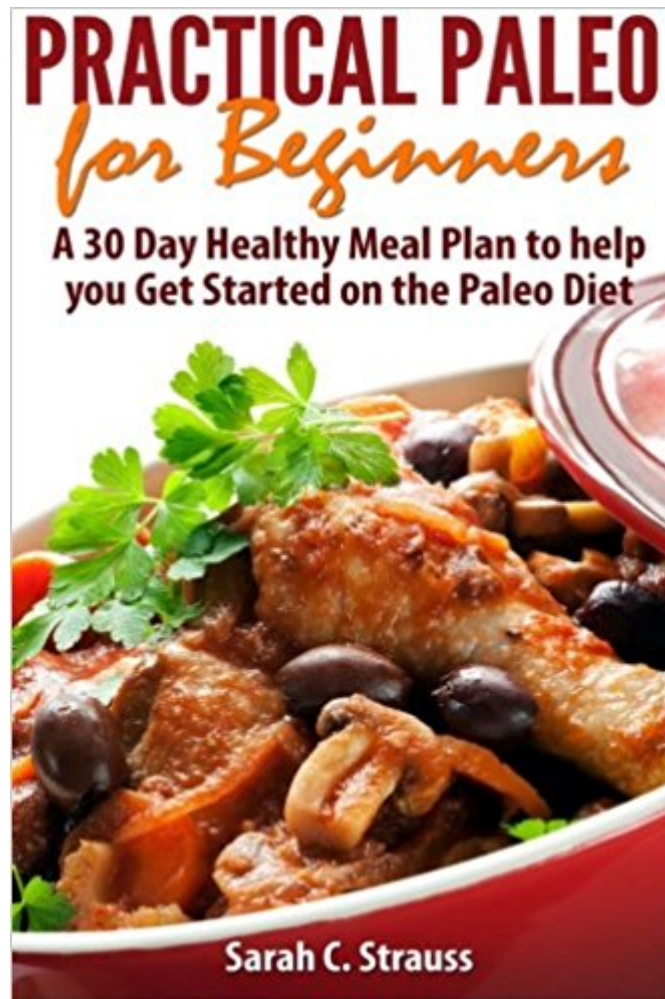


The book was found

Practical Paleo For Beginners: A 30 Day Healthy Meal Plan To Help You Get Started On The Paleo Diet



Synopsis

Are you interested in the Paleo Diet but you don't know where to start? Would it be easy if someone set you up with easy to follow recipes for an entire month? First and foremost, please accept a giant thanks for landing on this page and taking some time out to have a look over this treasury book. Now, what dragged you to this book? Your desire for healthy eating and a healthy lifestyle, right? Well, the good news is, you are going to get your answers inside this cookbook which is full of healthy paleo recipes. The recipes will give you a thrashing start-up on your healthy living journey. Each recipe also includes the nutritional facts inside that dish so you can keep the track record of your calorie consumption each day. As a matter of fact hale and hearty food is not something that's low in calories, instead, it means to have balanced meals in moderation. Where, being persistent is the key to success. If you are following a healthy lifestyle for a week or so, that's not the thing. Be persistent and stick to the healthy diet over the lifetime. That's the way to stay healthy and active with little effort.

Book Information

Paperback: 78 pages

Publisher: CreateSpace Independent Publishing Platform (November 5, 2014)

Language: English

ISBN-10: 150308793X

ISBN-13: 978-1503087934

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.9 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars [See all reviews](#) (36 customer reviews)

Best Sellers Rank: #189,308 in Books (See Top 100 in Books) #164 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo](#) #2220 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

Throughout the week I decided that I would try 3 days out of this meal plan. This meal plan was organized and was very simple for me to follow. I am not a cook by any means and this Paleo book was GREAT!

The paleo diet is crazy... there is way too much info out there for me. This one was concise and gave me exactly what to eat each day.

GREAT healthy guide! I am 2 days in and love it so I figured I would write a review :)

Despite a colorful and appetizing front cover, the photos inside are black and white, uninspiring and unappetizing. I found perhaps one recipe that I might try, but nothing to warrant the cost of this book. Generally if I think I might want to purchase a book, I borrow it from the library first to see if I really like it and will use it. Our library system did not have this book, and perhaps that should have been a warning for me. There are so many really, really good Paleo books out there, and I wish I hadn't wasted my money on this one.

I am looking for new paleo recipes. WOW. This book was very well organized and I have sent it to 3 other friends of mine who have also agreed!

I have been eating the Atkins diet for a long time now, but I really don't wanna do it anymore. This was really easy to follow -- thank you for making my life easier.

I tried the 2nd and 5th recipe. I am not a good cook but these turned out great. Great directions

Not bad, but must use recipes selectively - some are high sugar and some are not particularly low carb. The best approach for weight loss and health is high fat + very low carb (read *Why We Get Fat* and what to do about it, by Gary Taubes). Only some of these recipes meet the low carb/ high fat/ moderate protein goal.

[Download to continue reading...](#)

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners (paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Practical Paleo for Beginners: A 30 Day Healthy Meal Plan to help you Get Started on the Paleo Diet Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo: Paleo Diet for

beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) Paleo Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) Paleo Bible: Paleo Slow Cooker Recipes: Top 160+ Slow Cooker Recipes & 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Diet Cookbook) Paleo Diet: The Paleo BIBLE© with Top 350+ Recipes & 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Cookbook) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet)

[Dmca](#)