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Paleo Diet: Paleo Diet Mistakes to Avoid for Rapid Weight Loss - The How to and Not to Guide for Beginners (Paperback)

By Benjamin Thomas

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. New to Paleo diet?The Paleo diet is an excellent option for anyone looking to get healthier, feel better and lose weight. If you have decided to join the Paleo diet and change your life, it can be difficult to know exactly where to begin. This book contains the proven strategies and guides that you will need to know on how to kick-start your Paleo diet plan and is extremely easy to follow. Not achieving your desired results?If you have been on the Paleo diet and aren't getting the results you desire, it can be exceptionally frustrating. You stick to the diet religiously but the scale doesn't move. Criticizing yourself or even picking yourself up and simply carrying on won't help. You need to understand the rationale behind Paleo diet to know what you have been doing wrong. All or nothing with food qualityOne of the common concerns I have encountered is: Can I do Paleo even though I am on a tight-budget and can't afford grass-fed meat and organic products? The simple answer is yes, and...



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Reviews

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