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(Mr. Stone Kunze)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Paleo Diet Recipes for Weight Loss 20 Quick and Easy Paleo Diet Recipes for Weight Loss Healthy Living! Limited Time Bonus - 5 FREE Books on Fat Loss from Industry Leading Experts! Discover How the Paleo Diet is Your Weight Loss Solution You ve Been Looking For! Whether you ve come across the word in passing or you know a little bit about what Paleo can offer, this book will cover the basics of what the Paleo Diet is all about, providing you with a perfect starting point to achieve the weight loss you desire. These twenty delicious paleo recipes are the perfect way to get started on your weight loss regime. Paleolithic diets have been praised by a wide range of psychologists, life coaches and nutritional doctors. By following a Paleo based diet you will be able to achieve fast, sustainable weight loss as well as bringing your overall health into balance as well. These recipes are designed to help with all tastes in mind from the vegetable lover to those with a sweet tooth, each recipe is unique and enjoyable and healthy! What s Inside Paleo Diet Recipes for Weight Loss. The criteria for eating Paleo and how it will help you to achieve your weight loss goals Meat based Paleo recipes - recipes for delicious meatballs, stir fry s and much more! Paleo-friendly baking, delicious and paleo friendly meals to put in your oven! Paleo friendly desserts, you can still satisfy your sweet tooth while eating healthy! Nutritional information for each recipe - track carbs, fat and protein with each meal! Some Recipes include: Lamb Ribs BBQ Style Baked Pork Ribs Avocado...

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