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D. James Smith

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Paleo Dieting Now

Breakfast * Lunch * Dinners * Desserts

If you have been looking to educate yourself and begin a real Paleo Diet Lifestyle then look no further! My Book Paleo Dieting Now! has it all:

Also called the Caveman Diet or the Stone Age Diet, the Paleo Diet is a return to the food basics. No processed food or drinks because the human digestive system really isn't adapted to the junk we put in it every day. The Paleo Diet gives you the nutrients you need to make it through the day.

This book takes you through what you need to know so you can decide if the diet is right for you. And if you want to try the Paleo diet, we tell you how to best implement it with your current lifestyle. It is a real change and will take time, so it is best for most people to take a phased approach.

The book takes you through how the diet first got started, and then it addresses what most people are interested in – weight loss. It then gives you a number of options for foods you can eat to show you that it isn't quite as difficult as you may think. You don't have to give up meals, you just need to be more careful about what you put into your system.

When you purchase Paleo Dieting Now! you get the following:

• Paleo Education and Origination
• Paleo Recommended Foods and Foods to Avoid
• A 7-Day Meal Plan!
• Paleo Breakfasts
• Paleo Soups and Salads
• Paleo Main Dishes
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Mary Moore:

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