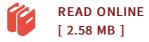


Paleo Diet Cookbook: Eat Like a Caveman to Get in the Shape of Your Life, Including 30 Day Paleo Diet Plan and Paleo Recipes (Paperback)

By Sarah Sparrow

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand ******.Losing weight is difficult. It takes hard work, motivation and knowledge. You can be completely committed to a meal plan or diet, but if you are eating the wrong things then you will not be getting the results that you deserve. You might think that you have tried everything out there in your efforts to lose weight, but all of the systems that you have tried are flawed. That is because diets offer a shortterm solution to a long-term problem. They are aimed at helping you to lose weight quickly, but are not sustainable, which means that your results are not going to be sustainable either. Paleo Diet Cookbook: Eat Like a Caveman to Get In the Shape of Your Life, Including 30 Day Paleo Diet Plan and Paleo Recipes introduces the Paleo diet which will be explained in depth in this guide. It offers you a permanent solution for weight loss and better health. It is not a quick fix, but rather a lifestyle that will help you to lose weight and live a better quality of...





Reviews

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Sterling Publishing Co Inc, United States, 2012. Paperback. Book Condition: New. 224 \times 150 mm. Language: English . Brand New Book. When spring comes, a baby calf gray whale and his mother head north to find food-all the way from Mexico to...



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