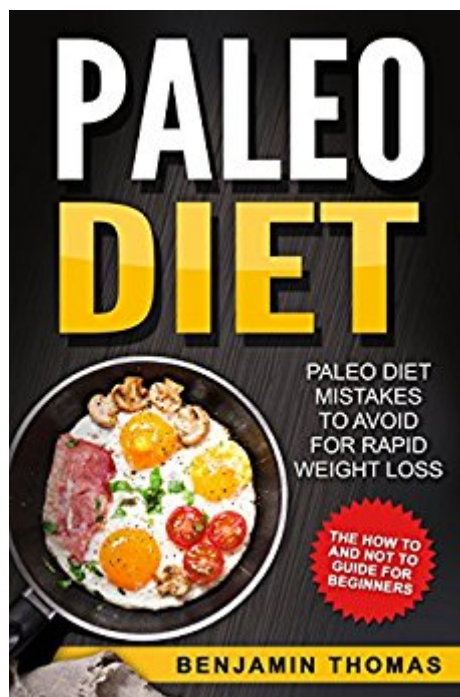




The book was found

Paleo Diet: Paleo Diet Mistakes To Avoid For Rapid Weight Loss - The How To And Not To Guide For Beginners



Synopsis

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 quality One of the common concern I have encountered is: "Can I do Paleo even though I am on tight-budget and can't afford grass-fed meat and organic products?" The simple answer is yes, and the mistakes beginners often make is ditching Paleo because their budget does not allow for 'The Best'. Trading in grain fed-steaks for pizza is not the best swap. This book contains the definitive guide on the recommended food products that you may choose and customize to your liking and definitely budget friendly!

What else you can expect to find

Guideline for Paleo diet

Workings of Paleo diet

2 weeks recommended meal plan (Breakfast, Lunch and Dinner)

Frequently asked questions - Answered

Being prepared and having the right mental attitude can certainly help you start and keep on with the diet. Over time, it will become more than just a diet. It will envelope your lifestyle and keeps you healthy and confident. The hardest part is simply getting started.

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