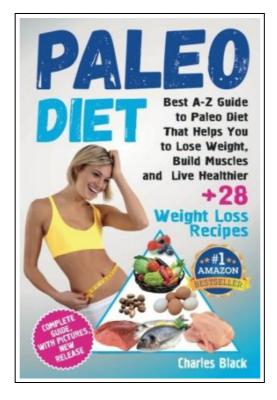
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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******.Purchasing this book, you get health and wealth for whole your family!Paleo Diet: Best A-Z Guide to Paleo Diet That Helps You to Lose Weight, Build Muscles and Live Healthier (+28 Weight Loss Paleo Recipes) SPECIAL DISCOUNT PRICING: \$11.99! Regularly priced: \$21.99The Paleo diet is one of the healthiest diets ever. This great diet is the only one that can help you increase your energy levels, your strength, your overall health and that can help you lose weight at the same time! This diet brings many positive effects, and it can really change your life for good! This sound really great doesn t it. Straightforward yet comprehensive, this Paleo Book offers: A-Z Guide to Paleo Diet from Beginner to PRO.Paleo-friendly foods list - and a List of what food items you should avoid.Simple Paleo Snacks.Magic Instruction - How to Make Your Restaurant Meals PaleoPaleo Diet FAQ s, Tips and Tricks and Common Mistakes.Paleo Shopping List + in .pdf (Ready to Print)28 easy, mouthwatering Paleo Recipes for every meal, such as: Mile High Power Breakfast BurgerPaleo Beef StewPaleo Sloppy JoesPaleo Shrimp and Walnut Stir-FryMoroccan Roasted Sweet PotatoesSpinach and Mushroom FrittataSauteed KalePaleo Snacks. and moreFeeling interested? Just keep reading . Let s Look Inside.TOC Chapter 1: What Is Paleo DietChapter 2: Paleo BenefitsChapter 3: What Is Not on Your Paleo PlateChapter 4: What Is on Your Paleo PlateChapter 5: Simple Paleo SnacksChapter 6: How to Make Your Restaurant Meals PaleoChapter 7: Common Mistakes and How to Avoid ThemChapter 8: The Paleo Diet FAQ sChapter 9: Paleo Diet Tips and Tricks for BeginnersChapter 10: Simple Paleo Shopping List28 Best Cave Recipes: Breakfast, Poultry, Meat, Fish and Seafood, Vegetables, Snacks. This Paleo Book Available in 3...

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