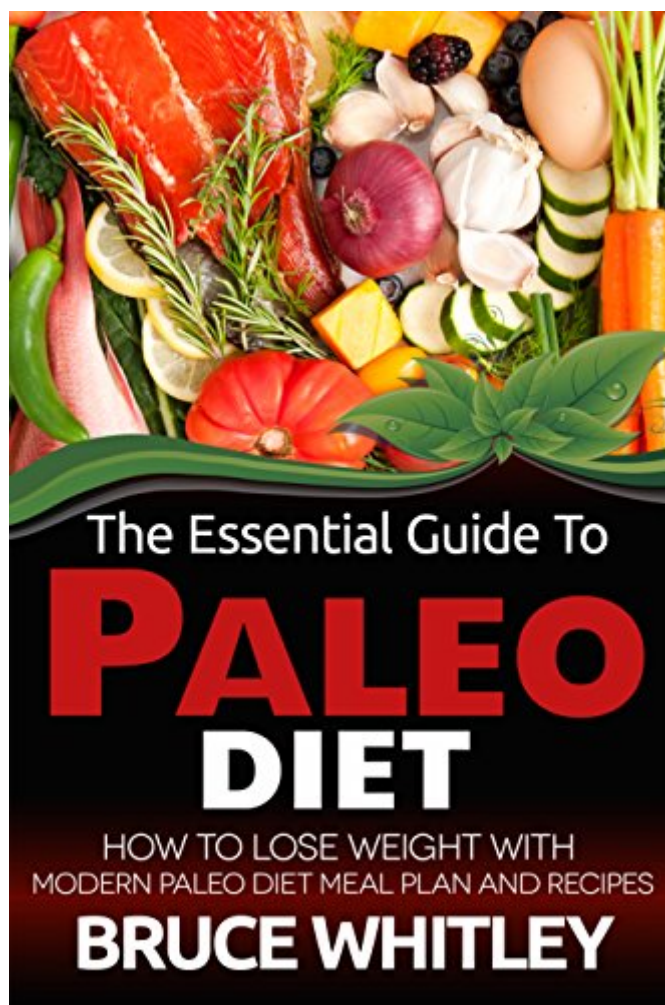


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# The Essential Guide To Paleo Diet: How To Lose Weight With Modern Paleo Diet Meal Plan And Recipes



## Synopsis

You Too Can Lose Weight With the Modern Paleo Diet Did you know that the Paleo diet is one of the most successful weight loss diet because it is the ONLY nutritional approach that works with your genetics to help you stay lean, strong and energetic? I bet you didn't, but now you do! In The Essential Guide to Paleo Diet, author Bruce Whitley shows you the steps necessary to start the diet and most importantly, finish it! We all know that diets can be a drag, but it doesn't have to be that way! Also known as the Caveman Diet, it can be both fun and beneficial, all you need to do is follow the steps and before you know it, you'll be rocking that Paleo diet like nobody else! Main topics covered in this book: History of the Paleo diet Differences over other low-carb diets Why choose the Paleo diet and how it works Essentials elements How to succeed with Paleo diet Recommended foods What to avoid How to make a meal plan How to execute the plan Delicious recipes And much more! A successful diet plan can be a hard thing to undertake. But it doesn't have to be with The Essential Guide to Paleo Diet book! You'll have the right information at your fingertips, enabling you to conquer the hurdles that may come your way! And before you know it, you'll be a mean, lean Paleo machine!

## Book Information

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## Customer Reviews

The Essential Guide to Paleo Diet by Bruce Whitley is a good text on how to accomplish the Paleo diet and the benefits you will receive from doing it. Some of the topics covered in the book are:

- History of the Paleo diet and why it is different than other low carb diets.
- What kind of foods to eat and what kind of foods to avoid.
- How to make a meal plan.
- The importance of exercise.
- Increasing your chances of success on the Paleo diet.
- Recipes

The author gives lots of good advice on how to buy the right meats, fish, and vegetable for the Paleo diet. My wife and I have a saying that we let our garden dictate our diet. This means that whatever is ripe and harvestable is what we eat that day. The author teaches to let the vegetable supply dictate your shopping list. He goes on to explain that just as my wife and I let what ripe in our garden dictate our diet, if you are buying your vegetables get what is in season and cost effective. There is also a lot of good advice on obtaining good sources of meat and other proteins. If you are interested in starting a successful Paleo diet then this book should be in your library.

I didn't know much about the Paleo diet, just a few of the basics. So I decided to buy a book that might offer a few recipes to kick start a new way of eating. This book did so much more than that. It taught me about what the best food sources are and what foods to avoid, where to find them, how to cook them, etc. I was amazed by the sheer volume of information I obtained and I feel better equipped to start my journey with the Paleo diet. This is a great buy.

These recipes are delicious and easy to make. I love the fact that they all come with nutritional facts as well. Along with the recipes the book is also very educational. I learned a lot about what I should and should not be eating. My entire family loves the food I make and they don't know how healthy it is!

This is a very educational book on nutrition and diet. It's very informative on explaining how Paleo lifestyle affects nutrition in general. You will learn key strategies that help make your weight loss trial successful. And you'll learn which foods you should and should not eat and why. It's well written and easy to understand.

Essential Guide to Paleo is a good reference for anyone wanting to change their diet for the better. It answered many important questions that gave me much hope and precious information to finally get back on track and start feeling better again. I also love the simple recipes, which cover anything from quick breakfasts to full dinner.

I grew up mostly eating processed & canned food and never really cooked much of a meal. This guide has a lot of good recipes and information to get you out of dead end eating habits. The concepts behind Paleo are explained in down to earth & clear detail. I also like the meat recipes based on pulled pork and beef.

This book has a lot of useful information on Paleo diet and how to get started. Packed with valuable information and practical guidelines. I feel motivated and look forward to a new way of healthy eating.

Lots of practical advice regarding the Paleo diet. Book covers the basics of how and why the diet works, gives practical advice on shopping for the right foods, and ends with some great recipes. Highly recommend to anyone interested in starting the Paleo diet.

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