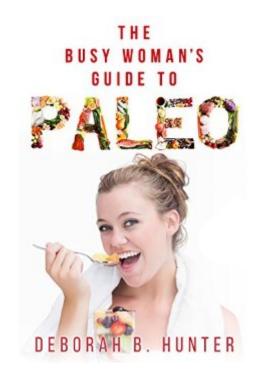
The book was found

# The Busy Woman's Guide To Paleo





## Synopsis

This guidebook is going to show you how easy it can be to lose weight and follow the Paleo diet guidelines even when you are busy. Meals donâ <sup>™</sup>t have to be difficult to make in order to be delicious and healthy. Youâ <sup>™</sup>II enjoy all of the great tastes while still losing weight and saving time. Get started with this guidebook to learn time-saving tricks and enjoy some of the delicious recipes that will make it easier to eat cave-girl style on the fly.

## **Book Information**

File Size: 261 KB Print Length: 82 pages Publisher: New Chapter Publishing (September 11, 2015) Publication Date: September 11, 2015 Sold by: Â Digital Services LLC Language: English ASIN: B0159U58SY Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #18,030 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo #15 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Health, Fitness & Dieting #33 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo

### **Customer Reviews**

Very helpful! This book explains the paleo diet very well. Good tips on fitting the paleo diet into my lifestyle. Being very busy it tells me exactly what I need to do and not do. The recipes are wonderful, gives recipes for dinner, snacks, slow cooker, the grill and many more. The layout is nice and it was very easy to read. I did receive a discount in exchange for my honest review. Would highly recommend The Busy Women's Guide to Paleo.

I think this is a great starter guide for the Paleo lifestyle. The author does a great job explaining (in understandable language) the basics regarding the foundation of Paleo. I was able to purchase this

at a reduced price in exchange for an honest review and although I have been following Paleo for a little while now, I was able to learn quite a bit of new information from this book. Overall great read for anyone interested in learning more and following the Paleo lifestyle.

I've been trying to slowly transition to Paleo for a month or so now. It's important to me that it be a gradual thing where I cut out one food at a time so that it becomes a way of life and not just a diet. Having recipes that allow me to make dishes that are quick and easy makes the transition that much smoother. I'm very happy I was able to find this so I have more weapons in my dinner arsenal. If you found this review helpful, please click YES below. If not, or if you have a question, leave a comment and I will happily reply to any questions you may have. =) I was allowed to purchase this product at a discounted rate in order to have the opportunity to fairly and unbiasedly review this product. I do not endorse or promote any products for or it's affiliates, and am not required to provide a favorable review of this product.

The BusyWoman Guideto Paleo was an easy read, simple, short and educational. It broke paleo down and how to eat and how to substitute the "bad" foods for paleo approved foods. Understanding why certain foods are good for you really helps you get a better understanding of this type of lifestyle. This is easy enough for anyone to follow and give it a try if its a life style you are interested in. I recieved this book for free in return for my honest and unbiased opinon.

This book is exactly what I have been looking for. I am a fitness coach and the diet I follow is very similar to this diet. I have lost over 30 lbs and have hit a plateau. Im hoping with a better understanding of the Paleo diet I can get myself and many of my clients over the dreaded plateau. I love the recipes and have tried several. My picky family loved every one of them. The explanation of Paleo is very easy to understand. I have received this product at a discount for my unbiased opinion.

I love the way the book flowed allowing a newbie to get the terms and lingo of paleo. The tile says for busy women but I see it being a good read for all men & women. The chapters were short and simple to the point. I need a new book to JumpStart me back into paleo living. I have been in a rut with new ideas for my meals. I am a busy mommy and was intrigued to try out this suggestion in book. I am so excited to read this book and start to use it! I am going to read this on my upcoming trip to vegas! I leave in a few days! I need to start to eat Paleo due to health concerns and just want to feel better! I hope to give a more updated review after I read the whole book! I did receive this book a kindle version at a discount in exchange for my honest review!

I honestly bought this book only for the recipes and it was exactly what i needed. I've been doing the paleo diet for about six months now and was tired of eating the same meals every week. The recipes in this book were just what i needed to keep me going strong on this diet! I received this product in an exchange for a review through review trader!

#### Download to continue reading...

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo -Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) Asian Paleo: 30 Minute Paleo! Your Complete Guide to Delicious, Healthy, and Gluten Free Asian Paleo in 30 Minutes or Less (Asian Paleo Guide - Thai, Japanese, ... Korean, Filipino, and Vietnamese Recipes) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A

#### BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL

HEALTH' (paleo diet, diet chllenge, paleo guide to weight loss) Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet (Paleo Cookbook, Slow cooker recipes, Whole food) Paleo Ketogenic Vegan Smart Moves: Avoid Dieting Mistakes (Paleo Ketogenic Vegan Diet, Paleo Ketogenic Vegan for Beginners, Diabetes Diet, Anti-inflammatory ... -Diet and Nutrition - PALEO Book 7) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners The Busy Woman's Guide to Paleo The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker (Paleo Series) 30 Paleo Breakfast And Egg Recipes - Simple & Easy Paleo Breakfast and Egg Recipes (Paleo Recipes Book 8)

#### <u>Dmca</u>