



Paleo Cookbook: 107 Delicious Paleo Diet Recipes (Paleo Cookbook Vol. 1)

Antares Press

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The Paleo diet is the diet humans were designed to eat. It includes various names like: Paleolithic diet, Primal diet, Caveman diet, the Stone Age diet and focuses on low-carb, high-protein meals excluding all processed foods.

Paleo Cookbook will show you how to adopt a healthy lifestyle, based on the ancestral human diet in order to **feel healthy, lose weight and regain your vitality**. With *Paleo Cookbook*, you'll enjoy the best health of your life starting today. Meanwhile you will lose weight and decrease your odds of diabetes, heart disease, hypertension, osteoporosis, cancer and other modern health maladies.

The Paleo Cookbook will help you to start feeling better and get fit with:

- 107 paleo recipes for every occasion
- Recipes includes helpful cooking tips.
- A grocery list of foods to embrace and foods to avoid.
- Paleo diet recipes for the entire family, like Paleo Chicken Nuggets and many more
- Vegetarian options for non meat-eaters
- Easy paleo diet recipes for beginners (also great for paleo veterans).

With **The Paleo Cookbook** you'll finally be able to lose weight, regain vitality and to create Paleo meals that are delicious for the whole family!

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