



# Paleo Diet Cookbook: A Beginners Guide to Paleo Diet (Paleolithic diet, Fitness, Health, Diet Plan, Healthy Recipes, Muscle Building, Paleo Menu, lose weight, lose fat, gain muscle)

Joshua Zitting

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Paleo is catching more attention in the fitness and health field as popularity is growing across the world. The question is, is Paleo for you? Paleo isn't the perfect diet because there is no such thing. Everyone is built differently and your body will react accordingly. However paleo is working for hundreds of thousands of people all over the world and these are some of my personal favorite recipes that I use. I also implement these into my clients diets and have witnessed drastic results in myself and my clients.

In this book you will find -

What Paleo is all about

Over 30 Paleo recipes

How to implement paleo into your life

6 key elements of paleo and why it works

How to effectively achieve your diet goals with paleo

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Is it you who having spare time and then spend it whole day by means of watching television programs or just resting on the bed? Do you need something totally new? This Paleo Diet Cookbook: A Beginners Guide to Paleo Diet (Paleolithic diet, Fitness, Health, Diet Plan, Healthy Recipes, Muscle Building, Paleo Menu, lose weight, lose fat, gain muscle) can be the solution, oh how comes? A fresh book you know. You are and so out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these guides have than the others?

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