



Paleo Diet: 20 Best, Delicious and Easy Paleo Recipes and Paleo Diet for Beginners to Lose Weight Effectively (Paleo Recipes, Paleo, Paleo Cookbook, Paleo ... and Easy Paleo Diet For Beginners)

Laura Rilz

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Here Is A Preview Of What You'll Learn...

- Principles behind losing weight with Paleo Diet
- 20 Easy-to-Cook and Delicious Paleo Recipes for you to start
- Delicious and high-energy breakfast recipes: e.g. Blueberry Coconut Pancakes
- Mouth-watering main dishes: e.g. Roasted Lemon Salmon with Baby Spinach
- Nutritious and yummy side dish: e.g. Roasted Brussels Sprouts with Bacon in Cream Sauce
- Toothsome dessert recipes: e.g. Minty Truffles
- And much much more!

There are thousands of Paleo Diet Books in the Kindle Store. So, why should you buy this book?

- Laura Rilz is a professional Nutritionist, with 20-year pioneer in the Dieting arena. She has provided proven scientific techniques towards different forms of dieting. She has helped tens of thousands of people improve the quality of their lives and health. Her books are arguably the best on the topic of Dieting.
- This book requires no prior knowledge of Paleo Diet or its Jargon.
- In a few hours, you will learn what others have taken years to learn. You will not waste your time reading meaningless information.
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“It’s amazing how these 20 recipes can change my life effectively! I have lost 10 pounds in my first month eating Paleo Diet. It’s amazing!”- Michelle Blue

“Paleo Diet is the ultimate guide for me to kick start my weight loss programme.”-Sarah Tsui

“This book is easy to follow, and I’ve continued cooking delicious Paleo meals for me and my kids every day. Thanks Laura!”-Tiffany Brown

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Colin Wegner:

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