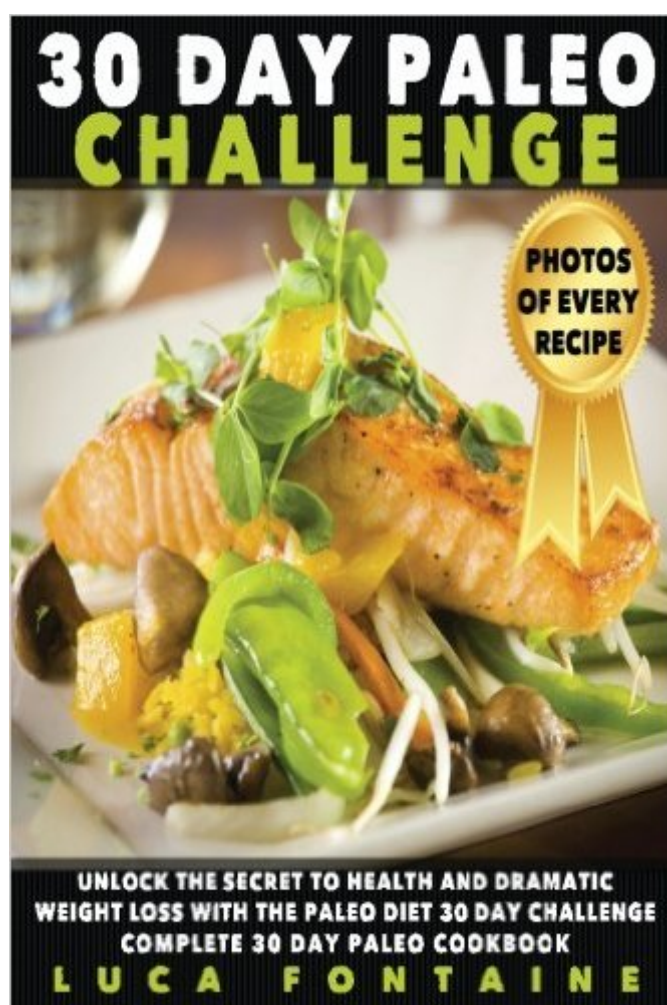


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# **Paleo: 30 Day Paleo Challenge: Unlock The Secret To Health And Dramatic Weight Loss With The Paleo Diet 30 Day Challenge; Complete 30 Day Paleo Cookbook With Photos**



## Synopsis

**COMPLETE 30 DAY PALEO MEAL PLAN WITH PHOTOS** Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE! REGULAR PRICE: \$14.99 | LIMITED TIME PROMOTIONAL DISCOUNT

The latest research has confirmed what a small group of healthy and fit people have known for decades: the secret to losing weight, maintaining a healthy gut, and feeling great is the Paleo Diet! Paleo hasn't enjoyed the flash of Atkins and South Beach, or the trendiness of the Whole Food movement. In fact, for a long time the Paleo movement was on the fringes of health and weight loss trends. But that was then, and this is now. The evidence has become undeniable: the Paleo Diet can help you promote whole body health, boost energy, increase longevity, and drop excess fat fast! It has also been shown to provide a dramatic boost to immune system effectiveness, reduce hunger pangs, increase your level of mental focus throughout the day, and reduce the risk of major chronic illnesses like diabetes and heart disease! Accept the 30 day Paleo challenge! Paleo is not a boring, bland, or starvation diet. Eating bland and weird food might be one way to lose weight, but that is not what Paleo is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Begin your 30 day Paleo challenge today and learn the many delicious possibilities you could have for breakfast, lunch, and dinner today and every day for a month! The Paleo diet can be fun and easy to follow, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on dozens of tasty Paleo recipes in this cookbook. Every recipe is easy to make, requires no significant cooking expertise, and **INCLUDES A PHOTO AND COMPLETE NUTRITION FACTS FOR EACH AND EVERY MEAL IN THE BOOK!** A complete 30 day meal plan! World renowned diet and nutrition expert Luca Fontaine has hand-picked his favorite recipes that he has mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet! Simply start at day 1 and follow the included meal plan for 30 days. Each day includes an amazing breakfast, satisfying lunch, and mouthwatering dinner – every single day! Enjoy some of the best meals of your life all while maintaining a Paleo diet for optimal health, losing weight, and feeling great! Don't miss out! Make a small investment today in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

## Book Information

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## Customer Reviews

This book is the ultimate guide to lose weight in a few days. I gained a lot of extra fat in last year and I was looking for a guide to lose weight quickly. So I bought this book and now I have started to lose weight. Thanks to the author for writing such helpful guide book to lose weight.

This book has encouraged me to do another 30 day challenge. I highly suggest this this book to anyone interested in learning more about Paleo and giving it a try. You will not be disappointed and you will feel the difference in your body.

30 days on the Paleo diet. This is the best way to weight loss and health. In the book there are recipes with a photo. I enjoyed it very much as once you see how it should look like a dish. I recommend to read.

This book is not just another book on Paleo diet. It is meticulously put together and provides the most comprehensive information on Paleo diet. This book will be your best friend for the next 30 days because it pushes and motivates you so that you will achieved your desired weight loss goal at the end of the 30 days. Paleo diet opens you to a whole range of advantages. Health risks are reduced, endurance and energy are multiplied and most importantly for some Paleo diet followers, weight is controlled and reduced to your desired levels.

Paleo sounds almost too good to be true sometimes, and after preparing some of the recipes in this book I am more in love with this diet then ever before. I was a bit skeptical at first, but I actually really like the 30 day challenge structure. This cookbook is centered around a 30 day meal plan

concept. Every day for a month you know exactly what you are going to eat just by looking at the book. It seems like you are giving up some freedom in using this approach, which is why I wasn't sure if I would like it, but when the recipes are as great as the ones in this book it turns out I don't mind at all! It is actually quite liberating to be able to just open up the book, turn to the day and meal I am on, and know that not only is there going to be something delicious to eat but most importantly that it will also be healthy! Even once I am done the 30 days I know there are a number of recipes in this book that I will be cooking again and again. Definitely feel I got my money's worth out of this book!

This book is especially wonderful because it uses the 30 day challenge idea with Paleo and who could ask for a better combo! This book is loaded with Paleo Goodness from breakfast to dinner to dessert this book got you covered. I love a lot of the stuff I have made from this and look forward in so much more great recipes! I could say this diet is an interesting one.

The Paleo diet is one the few diets that is slowly but surely gaining worldwide acceptance. Its success can be credited to its unique take on the proper diet that is best for consumption. The book also contains some recipes which are easy to cook and delicious. I could say this diet is an interesting one.

This is an interesting read the book have awesome paleo diet recipes which are helpful for weight loss and easy to cook. These recipes are also like my family members so i highly satisfied with this book and also would like to recommended to all my friends and family members thanks.

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