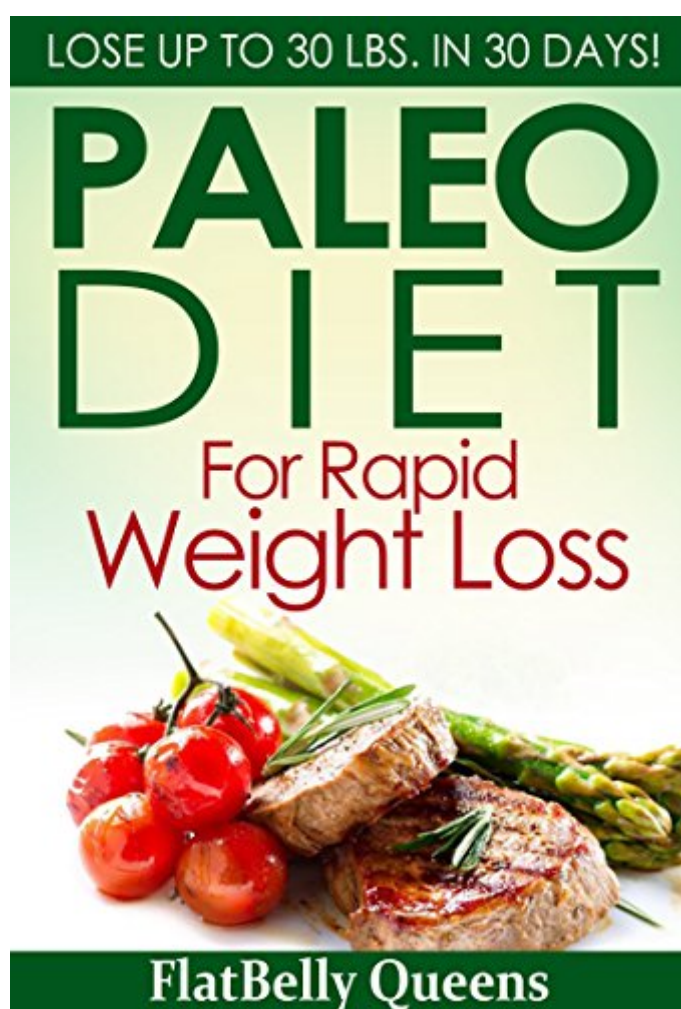


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# **PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 Lbs. In 30 Days (Paleo Diet, Paleo Diet For Weight Loss, Paleo Diet For Beginners, Diabetes Diet, Ketogenic Diet, Anti Inflammatory Diet)**





## Synopsis

Discover All The Benefits of Paleo With Tonnes of Delicious Recipes! Dear Friend, Are you struggling to get rid of some weight? Are you dealing with physical fatigue and mental fog? If so, read on as we have just right information on how to apply the Paleo diet to tackle these issues successfully. So why should you choose this book? Here is why: The standard American diet is plagued with foods which are everything but nutritious. They taste delicious and look amazing, but these are all smoke and mirrors used to conceal the fact that they are indeed silent killers! These foods usually contain empty calories (contrary to what we have been made to believe), high fructose corn syrup, bad carbohydrates, trans fats and have a high glycemic index – awful! You may be asking yourself, how well if these foods are so bad, how come they are readily available? • Simple, such foods are highly profitable to produce and making the owners of your regular fast food chain or grocery stores very rich! But, the fast-food chains, etc. who sell these silent killers don't care about you or your health, they are only interested in making a quick buck. This means that you have to take ownership and responsibility for your nutrition. Remember, you shouldn't eat just to survive, you should eat to thrive! In this book, we provide you with some golden nuggets on nutrition and recipes based on the Paleo diet to enable you to do just that. Here are some of the key benefits you can expect from going Paleo: Rapid weight loss (up to 10 lbs in the first week) Improved digestion and intestinal health Steady replenishment of vitamins and minerals Reduction in allergens Reduction in inflammation An abundance of energy And improved mental cognition

Examine This Book For A Full 7 Days 100% Risk FREE! That's right! If you are not 100% satisfied, you have seven days to go to [Manage Your Kindle](#) page and ask for a complete Refund. And, it's easy to order! Just click the Buy Button! One more thing! We have included a free weight loss report which is only available for a limited period. Based on the feedback received, this report produces unbelievable results when combined with the book. Yours sincerely, FlatBelly Queens

## Book Information

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## Customer Reviews

FlatBelly Queens' books are amazing! This book is one of a kind. I have been searching for a Paleo recipe book that will suit my preference. Through this book I realized a lot of things, what to avoid and refuse when being on Paleo diet. Since I was little I have been an overweight kid until I realized that I am already an obese. Being an obese made hindrances for me to do what I like and it also lowered my self esteem. I dislike the feeling of being laughed at because of my weight, I know a lot of people can relate. By the guidance of this book I have lost weight, true that it is rapid. I also have intestinal problem which makes it harder for me to digest, now I am not having any trouble with that. Not only that I am losing weight, I am also getting healthier and it definitely boosted my self confidence. Thanks to this book! Highly recommended.

I have read that the Paleo diet has been proven by science and the evolution is behind it. This gave me the assurance that I am on the right track in following this diet. What is great about this book is that it has given lots of info and some helpful recipes as well. Being a busy person, I need some quick to make recipes--following the Paleo of course. And this book has answered this need. I love the recipes and they are so easy to follow. So glad I came across this book!

As most people do, I like to read and do research on things that I'm interested in, specially when it's health related. What I like about this book is that, it gives an introduction of what Paleo is, this way even novices like me know what we're getting into. I loved that the author made it fun and enjoyable. The tips provided are really practical so you'll be able to apply it. The recipes are simply divine and, surprisingly, easy to make.

I was always looking for some changes in my daily nutrition. After few days of practicing advices from this book i feel great. Now i think, that gluten made me more sleepy and nervous. Even my weight decreased little bit after few days. I am looking forward for the 21 days results. It looks i can achieve it. Recipes in the book are with images, it's good to see how it should looks like as the final product. All in all it's a top guide on Paleo diet topic. Thank you.

I found the book to be really good as it has some great facts on why going paleo is the right diet for humans to follow for many reasons and I think its a good idea for anyone to go paleo if you do not want to be fat as well and I also thought some of the recipes where great in this book especially the baked cinnamon apple chips as they taste amazing.

Before I read this book, I knew that this is all I need because I am too lazy to go to gym. But I cook. Not really the healthy cooking kind of way, but I cook. Reading this, I realized that I am eating the most unhealthy foods in the world. Paleo diet book made me realize my self-worth and the things I need to do. Becoming healthy is not just for yourself, but also for your loved ones.

Get the nutrients from your food without adverse effects of the food itself, means eating the organic, gluten-free food as explained by the author and emphasizing the natural food that has the necessary nutrients to keep our bodies healthier than it has been with our processed food that has a risk of causing Cancer and heart related diseases to the population.

I've always wanted to lose weight and I am looking for a way to eat healthier and feel better. Finally, I realized all benefits of gluten free paleo diet. The paleo diet is low carb, and eating too many carbs is primary reason many people are overweight. High protein foods burn energy slowly, you feel fuller longer and than eat less. In this book you also can find pictures of recipes and I really like it. Highly recommended.

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