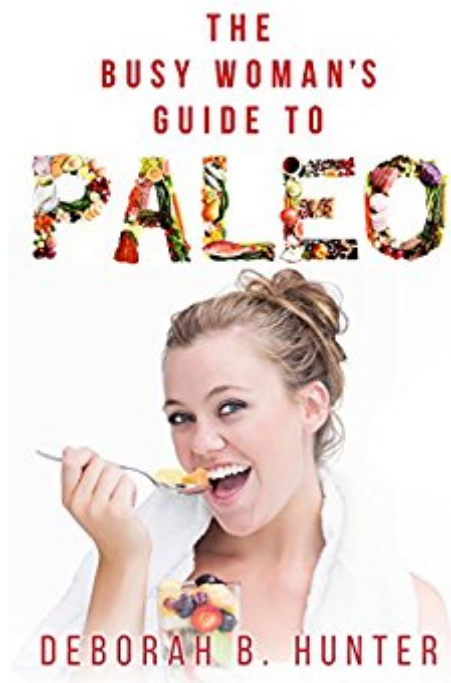


The book was found

The Busy Woman's Guide To Paleo



Synopsis

This guidebook is going to show you how easy it can be to lose weight and follow the Paleo diet guidelines even when you are busy. Meals don't have to be difficult to make in order to be delicious and healthy. You'll enjoy all of the great tastes while still losing weight and saving time. Get started with this guidebook to learn time-saving tricks and enjoy some of the delicious recipes that will make it easier to eat cave-girl style on the fly.

Book Information

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Customer Reviews

Very helpful! This book explains the paleo diet very well. Good tips on fitting the paleo diet into my lifestyle. Being very busy it tells me exactly what I need to do and not do. The recipes are wonderful, gives recipes for dinner, snacks, slow cooker, the grill and many more. The layout is nice and it was very easy to read. I did receive a discount in exchange for my honest review. Would highly recommend The Busy Women's Guide to Paleo.

I think this is a great starter guide for the Paleo lifestyle. The author does a great job explaining (in understandable language) the basics regarding the foundation of Paleo. I was able to purchase this

at a reduced price in exchange for an honest review and although I have been following Paleo for a little while now, I was able to learn quite a bit of new information from this book. Overall great read for anyone interested in learning more and following the Paleo lifestyle.

I've been trying to slowly transition to Paleo for a month or so now. It's important to me that it be a gradual thing where I cut out one food at a time so that it becomes a way of life and not just a diet. Having recipes that allow me to make dishes that are quick and easy makes the transition that much smoother. I'm very happy I was able to find this so I have more weapons in my dinner arsenal. If you found this review helpful, please click YES below. If not, or if you have a question, leave a comment and I will happily reply to any questions you may have. =) I was allowed to purchase this product at a discounted rate in order to have the opportunity to fairly and unbiasedly review this product. I do not endorse or promote any products for or its affiliates, and am not required to provide a favorable review of this product.

The BusyWoman Guide to Paleo was an easy read, simple, short and educational. It broke paleo down and how to eat and how to substitute the "bad" foods for paleo approved foods.

Understanding why certain foods are good for you really helps you get a better understanding of this type of lifestyle. This is easy enough for anyone to follow and give it a try if its a life style you are interested in. I recieved this book for free in return for my honest and unbiased opinon.

This book is exactly what I have been looking for. I am a fitness coach and the diet I follow is very similar to this diet. I have lost over 30 lbs and have hit a plateau. Im hoping with a better understanding of the Paleo diet I can get myself and many of my clients over the dreaded plateau. I love the recipes and have tried several. My picky family loved every one of them. The explanation of Paleo is very easy to understand. I have received this product at a discount for my unbiased opinion.

I love the way the book flowed allowing a newbie to get the terms and lingo of paleo. The title says for busy women but I see it being a good read for all men & women. The chapters were short and simple to the point. I need a new book to JumpStart me back into paleo living. I have been in a rut with new ideas for my meals. I am a busy mommy and was intrigued to try out this suggestion in book.

I am so excited to read this book and start to use it! I am going to read this on my upcoming trip to vegas! I leave in a few days! I need to start to eat Paleo due to health concerns and just want to feel better! I hope to give a more updated review after I read the whole book! I did receive this book a kindle version at a discount in exchange for my honest review!

I honestly bought this book only for the recipes and it was exactly what i needed. I've been doing the paleo diet for about six months now and was tired of eating the same meals every week. The recipes in this book were just what i needed to keep me going strong on this diet! I received this product in an exchange for a review through review trader!

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