



**30-DAY PALEO CHALLENGE: Chang Your Life
and Lose 15 Pounds with Paleo Diet (FREE
BONUS included) (Paleo Cookbook, Paleo Slow
Cooker)**

Shane Riiz

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PALEO DIETERS LOSE 15 POUNDS IN 30 DAYS! Want to try the Paleo diet? Follow this 30-day challenge and you'll be AMAZED with the results! 30-DAY PALEO CHALLENGE - Change Your Life and Lose 15 Pounds with Paleo Diet guides you through each and every step of the challenge everyday for the next 30 days. Yes EVERY SINGLE DAY! 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. Is the Paleo diet just another fad diet? No, in fact the Paleo diet brings you back to the basics of eating not only good food but also healthy food. Using the 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. So what is the Paleo Diet all about? 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 basic foundation of the diet is found on the Paleolithic era or most commonly known as the Stone Age. The idea behind the diet is that our human ancestors, the cavemen, are one of the most physically fit humans to have every walked the face of the earth. The secret behind the cavemen's ability is their source of nutrients and energy. During those ancient times, the caveman diet consisted primarily of all natural foods. The food was neither processed nor refined. The contents of the diet were also low on sugar and dairy. The major food groups, which were also the only ones available at that time, were those that were naturally growing in the environment of the caveman. These were simple meats, vegetables, fruits, nuts and seeds. The Paleo diet focuses on weight loss and muscle tone through healthy eating and full-sized portions. NO MORE calorie counting, starvation, or unhealthy changes to your diet! Your target weight is well within your reach as the information and detailed guidance that contains in this book will bring you closer to making your health dreams come true! See you on the inside! *Don't forget to claim your FREE BONUS at the end of the book!

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