



Paleo Bible: The Ultimate Guide: with The Top 150+ Paleo Diet Recipes & 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Cookbook)

Silas Stone

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If Creative Low-Carb Paleo Recipes are What You Seek, then Look No Further.

Follow the ONLY nutritional approach that works with your Genetics to help you stay Lean, Strong and Energetic...just the way our Ancient Ancestors Lived!

The 150+ Authentic, Original & Wild recipes with 1 FULL Month Meal Plan found in this book will get you excited to be in the kitchen, re-creating your favorite dishes with new ingredients that will tempt your palate.

This book will use a step-wise approach to take you through the Paleo Diet and further beyond into the practical application of making healthy and super tasty recipes.

This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness.

Some of the Profound Benefits You will Experience:

- Increase Energy Levels & Vitality
- Accelerated Fat Loss
- Improved Mental Focus
- Lower Blood Sugar & Cholesterol
- Hormonal Balance
- Normalized Sleeping Patterns
- Reduced Anxiety and Stress

Think of the Paleo Diet like pushing the 'reset' button with your overall health and relationship with your food habits.

Here Is A Preview Of The Wholesome recipes you will find in this book:

- Coconut Paleo Muffins
- White and Green Quiche
- Pork and Egg Breakfast Casserole
- Zucchini and Chorizo Casserole
- Fruity Breakfast Shake
- Eggless Mexican Breakfast Bowl
- Warm Grain Free Cereal
- Mexican Romaine Salad

- Spicy Italian Salad
- Tuna - Watercress Salad
- Grilled Pork Chops with Veggies
- Paleo Style Burger
- Mexican Beef Stuffed Peppers
- Baked Beef with Mushroom and Squash
- Wild Tuna Burgers
- Spicy Beef Roast
- Paleo "Pizza"
- Lemon Zested Shrimps
- Chicken ala Veg Soup
- Sweet & Sour Paleo Pork

★?★Let this book be your guide as you start your journey to a healthier, happier, fitter and more successful life!★?★

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From reader reviews:

Catherine Gabel:

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Carl Vincent:

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Samantha Graham:

The book untitled Paleo Bible: The Ultimate Guide: with The Top 150+ Paleo Diet Recipes & 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Cookbook) contain a lot of information on the item. The writer explains her idea with easy technique. The language is very simple to implement all the people, so do not really worry, you can easy to read this. The book was compiled by famous author. The author provides you in the new period of time of literary works. It is easy to read this book because you can continue reading your smart phone, or device, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can open up their official web-site in addition to order it. Have a nice read.

Johnny Ballance:

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