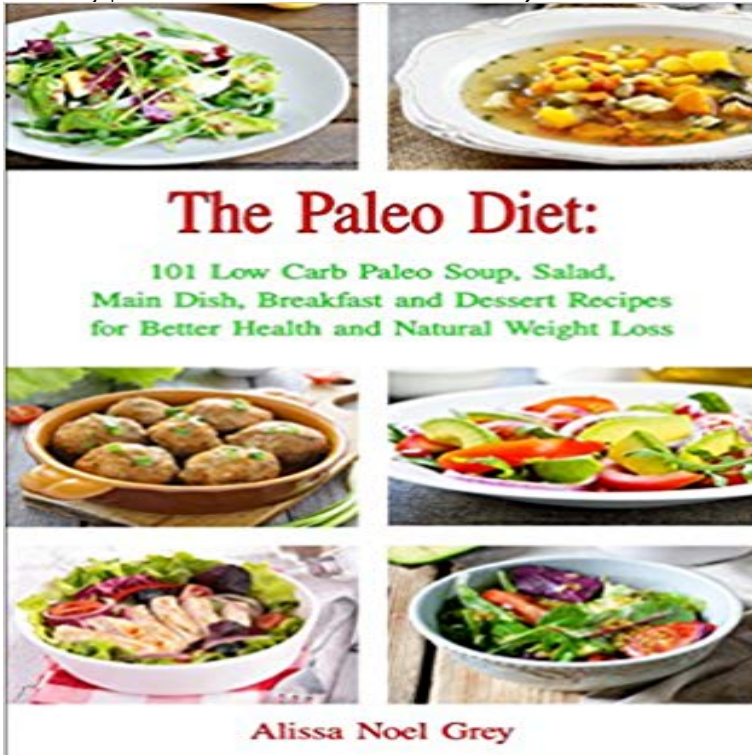


## The Paleo Diet: 101 Low Carb Paleo Soup, Salad, Main Dish, Breakfast and Dessert Recipes for Better Health and Natural Weight Loss (Healthy Weight Loss Diets Book 3)



INCREASE YOUR ENERGY, LOSE WEIGHT AND FEEL AMAZING! The Paleo diet is the diet that humans were genetically designed to eat. Also known as the Primal or the Caveman diet, it is a simple low-carb, high-protein diet that is full of wholesome, natural foods and is an effective and healthy way to lose weight. From the author of several bestselling cookbooks and fitness enthusiast Alissa Noel Grey, comes a great new collection of delicious Paleo diet recipes that will help you effortlessly maintain a healthy weight. The Paleo Diet: 101 Low Carb Paleo Soup, Salad, Main Dish, Breakfast and Dessert Recipes for Better Health and Natural Weight Loss is an invaluable and inspirational resource of healthy, whole food, mouthwatering recipes for every meal and occasion that will help you improve your health, add years to your life and will truly nourish your body.

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