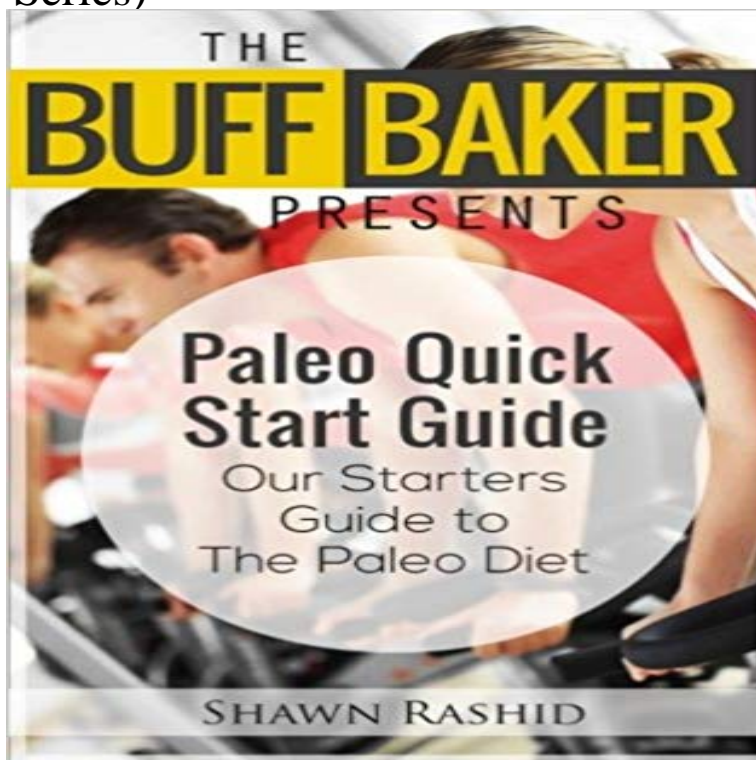


THE BUFF BAKER PRESENTS The Paleo Quick Start Guide: Our Starters Guide to The Paleo Diet (The Buff Baker Health & Fitness Series)



If you read every recipe in this book you probably know already how easy it is to cook Paleo and you realized that this diet is far from being as restrictive as other diets. That's the main reason why I rather call it the Paleo lifestyle than the Paleo diet. Once you go Paleo, returning to your former lifestyle is not an option as your health problems will be back as well. And why would you want to go back to a diet based on fats and sugar when you have this healthy option called Paleo?! Healthy and hearty meals made exclusively with clean ingredients, delicious desserts and even gooey ones, amazing drinks and outstanding savory dishes, this is what Paleo has to offer you and this is the only way to get back your health and weight. I know how difficult it is to make the right decision when it comes to your diet and lifestyle, but you know there is no turning back and there should be no second thoughts either. Be determined and motivated and change your life today while you can still enjoy the benefits of such a change. It's all for the best and a positive change will bring more and more changes.

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The Definitive Guide to Nuts .

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