

Have you heard all about the mysterious cave man diet that is rumoured to be the secret recipe for losing weight while avoiding the pain of a regular diet? Author Simon Jenkins guides you through the basic concepts of the paleo diet, explaining the different foods that lie at the heart of the diet, as well as an easy-to-follow meal plan. These top secret life hacks will help you develop the mindset necessary to stick to your diet plan, lose weight, and live like a caveman! Using a proven, step-by-step, simple formula, Jenkins will guide you through five easy-to-follow chapters full of advice on how to follow the paleo diet and adapt your lifestyle to guarantee easy weight loss. Buy this book and take the first step towards a healthier life!

Marketing Partnerships For Authors: Effective Marketing For Today's Author, MUSIC: An Appreciation - Third Brief Edition, Winnie Pooh. Pequeños Pintores (Spanish Edition), Almallutx.: El Secret de la Tramuntana. (Spanish Edition), Hockey's Greatest Teams: Teams, Players and Plays That Changed the Game, Acting Equals Life: An Actor's Life Lessons, Whale Island and the Mysterious Bones, McGraw-Hill Education Preparation for the TASC Test 2nd Edition: The Official Guide to the Test (McGraw Hills Tasc), Discriminants, Resultants, and Multidimensional Determinants (Modern Birkhauser Classics), Leadership Philosophies and Theories in Postmodern World (Anatomy of the World of Business),

The Beginner's Guide to the Paleo Diet. Fill up on meat and fish. Even if you're not hunting, be on the lookout for meat. Get rid of grains. Forget about those grains. Pile on produce—but let go of legumes. Load up on produce—but make sure it's the right kind. Eat dairy sparingly, if at all. Up the healthy fat factor. New to the paleo diet? Read this guide for beginner's so that you can start strong and enjoy all the benefits!.

Make your transition to the trendy Paleo diet easy and successful with these 11 Beginner's Guide to the Paleo Diet RELATED: 10 Easy Paleo Diet Recipes.

What Can I Eat on The Paleo Diet? Lean meats — beef, veal, venison, lamb, chicken, bison, etc (try to eat the grass-fed versions of these if at all possible). Fish — salmon, tilapia, bass, etc. Seafood. Eggs — go for it. Vegetables — don't leave these out! Some fruit — Berries and the less sugary fruits are best. If you're looking for a beginner's paleo diet guide, look no further. Below you'll find the basics: what to eat, what not to eat and even a weekly paleo menu plan.

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