

Have you been hearing about the Paleo Diet and wondered what it was all about? Diana Loera here, author of *What is the Paleo Diet & Paleo Diet Recipe Sampler*. A friend of mine told me he had been on and off the Paleo Diet for 10 years and it was a natural fit for him to lose weight and have energy along with a lot of other benefits. This guy travels a lot and is fairly busy. So I knew if he was telling me this about the Paleo Diet I should check into it. Plus - I don't know about you, but I've never been on a diet that is what I would call a natural fit. Diets have always been a struggle for me - counting points, counting calories, counting carbs and whatever else you have to do. I know many people are drinking weight loss shakes but - I like Food. Real food. I am impressed with all this diet has to offer and I think it is one almost anyone can do. *What is the Paleo Diet & Paleo Diet Recipe Sampler* brings you up to speed fast on the basics of the diet plus gives you a sampler of tasty recipes including Apple Coleslaw, Coconut Chicken, Paleo Apple Crisp, Banana Pancakes and more. Many people are on this diet and it is getting more popular by the day. People like it as you aren't buying fancy foods or overpriced shake mixes. You eat real foods and can easily follow this diet when dining out or at a party - if you understand how it works first. You don't count points. You don't count calories. You eat ordinary every day food. The recipes are wholesome, hearty and kid friendly. You can even serve these recipes when you entertain and no one will know (unless you tell them) that these are Paleo Diet recipes. The added benefits of this diet are weight loss and more energy. This is an ideal starter book (without spending a lot of money) to find out about the Paleo Diet and also get a great selection of Paleo Diet recipes. The recipes are delicious even if you decide the Paleo Diet isn't for you. Even adding a couple of these recipes to your weekly meal plan is beneficial and easy to do. If you are looking for a diet plan that isn't a project and half to follow, *What is the Paleo Diet & Paleo Diet Recipe Sampler* gives you a fast start on the basics and recipes to follow.

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Here are the basics: Eat: Meat, fish, eggs, vegetables, fruits, nuts, seeds, herbs, spices, healthy fats and oils. Avoid: Processed foods, sugar, soft drinks, grains, most dairy products, legumes, artificial sweeteners, vegetable oils, margarine and trans fats. *What is the Paleo Diet Paleo Diet Recipe Sampler* Kindle. Mon, 12 Nov 00 GMT *What is the Paleo Diet PDF* - a list of Paleo Diet meats, vegetables, fruits. A two-week Paleo diet meal plan, including snacks, with printable grocery lists. If that sounds a little strange or hard to plan for, here's a two-week sample meal. You can download one PDF with printer-friendly versions of all the recipes for. *shakethatbrain.com: Paleo for Every Day: 4 Weeks of Paleo Diet Recipes & Meal Plans to Lose Weight & Improve Health eBook: Rockridge* Send a free sample.

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