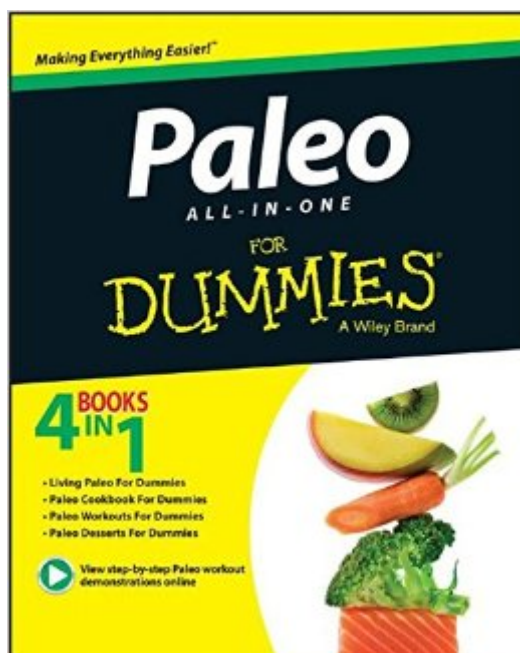


The book was found

Paleo All-In-One For Dummies



Synopsis

Live the Paleo lifestyle to get healthy and fit with natural foods Paleo All-In-One For Dummies is the powerhouse resource that includes all the information you'll need to get started with the Paleo lifestyle or further refine your diet if you're already a convert! With content from leading authorities on the Paleo lifestyle, this easy-to-read, all-in-one resource offers a complete overview of living the primal life to lose weight, improve athletic performance, get fit, and stay healthy. Use the tips from the book to change your diet to include healthy, natural foods, then jump into the companion workout videos to master the Paleo moves and techniques that are featured in the book. The Paleo movement is taking the scientific world by storm, with studies indicating that the diet lowers the risk of cardiovascular disease, encourages weight loss, controls acne, and leads to greater overall health and athletic performance. Discover an appealing, sustainable alternative to highly restrictive diets that are doomed to fail Incorporate healthy, natural foods into your daily routine to achieve better health and a better physique Get comprehensive coverage of the Paleo lifestyle from leading experts Start or refine your paleo diet whether you're new to the concept or a seasoned Paleo follower If you want to know where to start with the healthy-eating Paleo lifestyle, Paleo All-In-One For Dummies is your resource to get on track and stay the course to create a healthy, happy, and fit new you.

Book Information

Series: For Dummies

Paperback: 528 pages

Publisher: For Dummies; 1 edition (March 2, 2015)

Language: English

ISBN-10: 1119022770

ISBN-13: 978-1119022770

Product Dimensions: 7.4 x 1 x 9.3 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (12 customer reviews)

Best Sellers Rank: #55,150 in Books (See Top 100 in Books) #80 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo #930 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Gives some excellent information that I haven't seen in other paleo books. I also enjoy the fact that

the nutritional information is printed at the beginning of the recipes, since I am also doing weight watchers while doing it in a paleo fashion. This certainly helps when I have to tally up the points every day.

I was surprised at how well the book was written. They did not go overboard with the humor but included just enough to keep it from being dull. Explained the Paleo diet well and I feel I understand it. Also has a large excersize section that was very informative.

Good information for beginners. Lots of recipes. Like the breakdown of the four sections.

This was a gift for my daughter, so I really cant review it. I did buy it after my sister suggested it, because she liked it. I liked the idea that is was the 4 books in 1, which is nice less books laying around.

Really useful book. Has changed my eating regime and I have already lost weight and have more energy

Lots of good information about a diet that is all the rage these days. The information is well presented and the illustration make the book enjoyable and easy to read.

[Download to continue reading...](#)

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80

Paleo Recipes (Paleo Series) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Asian Paleo: 30 Minute Paleo! Your Complete Guide to Delicious, Healthy, and Gluten Free Asian Paleo in 30 Minutes or Less (Asian Paleo Guide - Thai, Japanese, ... Korean, Filipino, and Vietnamese Recipes) Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet (Paleo Cookbook, Slow cooker recipes, Whole food) Paleo Ketogenic Vegan Smart Moves: Avoid Dieting Mistakes (Paleo Ketogenic Vegan Diet, Paleo Ketogenic Vegan for Beginners, Diabetes Diet, Anti-inflammatory ... - Diet and Nutrition - PALEO Book 7) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker (Paleo Series) 30 Paleo Breakfast And Egg Recipes - Simple & Easy Paleo Breakfast and Egg Recipes (Paleo Recipes Book 8)

[Dmca](#)