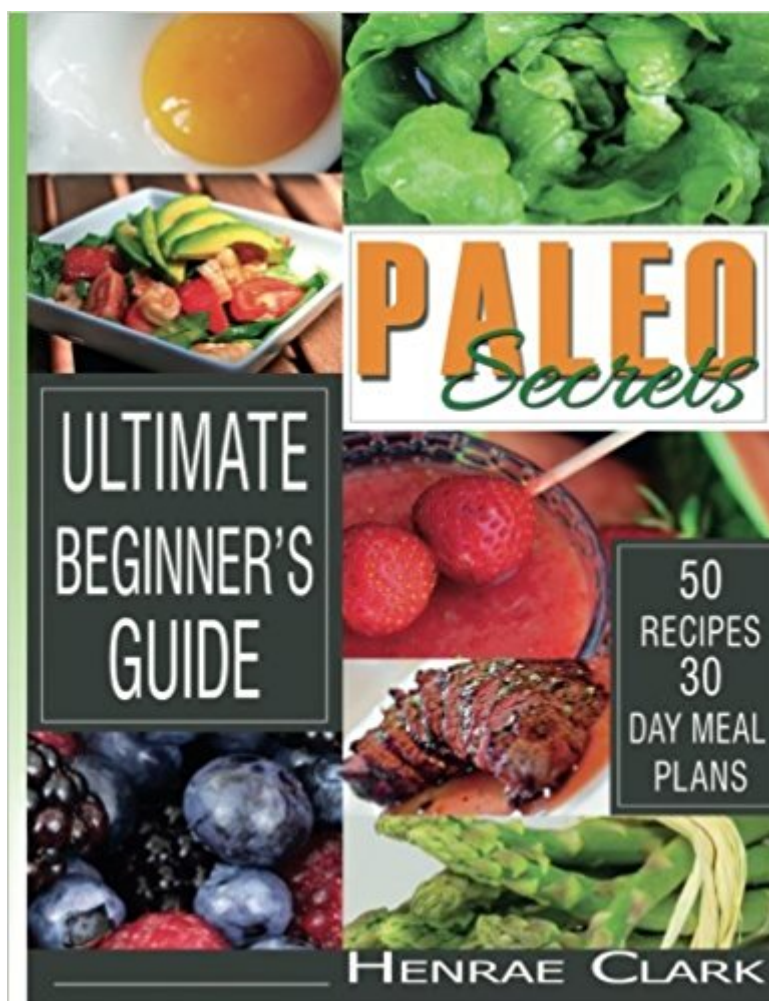


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# Paleo Secrets: Ultimate Beginner's Guide With Recipes And 30-Day Meal Plan



## Synopsis

Discover Today The Ultimate Beginner's Guide To Paleo Diet! Paleo Secrets Revealed! With Recipes & 30-Day Meal Plan! Sometimes, we all wish to have the ability to turn back the hands of time and right the wrongs that hurt us deeply. But, life keeps zooming forward and we are left to deal with the often irreversible consequences of our actions. Things that were set in motion several years or decades ago may come back to haunt us when we least expect it. All that is left is a feeling of deep regret. If only we had the foresight to do something when we had the chance! Nothing is more representative of this idea than our daily diet and the way it shapes our bodies. Things we frivolously ingested during the time our bodies were forming will either make them strong or weight them down for years to come. Colorful packaging, merry slogans or catchy jingles were more than enough to make us eat, chew, drink and suck on a treat that was actually a poison with a delayed effect. As we grow up, the youthful zest and the carefree attitude dissipate, only to be replaced with a sense of fragility. Whereas we could once subsist ourselves on thin air, today everything we ingest causes us heartburn and digestive problems. Doctors we visit and ask for advice simply shrug their shoulders and prescribe a medicine, of which they will get a cut. But, it's not meant to be like that. There is a way to turn back the time and return to the way things once were. This does require a massive effort to break away from the diet that chained us to the floor and held us enslaved, but it is doable. This way is called Paleo diet. Paleo diet is the original diet, the way our prehistoric ancestors fed themselves and what helped them brave the challenges of the brutal and unforgiving environment. Natural and raw food made their teeth and bones rock-hard, small portions kept them lean and the lack of grain in diet made their digestion work flawlessly. They ate whatever was available and knew nothing about preservatives or chemicals. If the food looked, smelled and tasted good, it was eaten without any considerations. In many respects, we can envy the cavemen, since they knew no allergies, degenerative disorders or autoimmune diseases. And it was all because of what they ate on a daily basis. Only by following true and tested dietary guidelines set forth by our prehistoric ancestors can we achieve and maintain a healthy body weight, with a lean and trimmed physique that's worthy of a swimsuit magazine cover. Instead of dramatic diets or surgery, you will change your body for the better slowly and in the most stable way imaginable. Why postpone losing weight and feeling good about yourself? Set yourself up for success with this Ultimate Guide that reveals to you the Paleo Secrets. It's simple and easy to follow! 50 healthy recipes that offer meal ideas for breakfast, lunch, dinner, dessert, and even snacks in between. The 30-Day Meal Plan step-by-step will put you on a path to successfully make the transition to the Paleo lifestyle. You are the one in

charge of your health, primarily through your diet. Eat healthy, home-grown, organic food that hasn't been processed in any way, organize locally with food growers and support one another. Your body is a sanctuary for your mind, so clean your sanctuary today with the help of a powerful ally – the Paleo diet.

## Book Information

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## Customer Reviews

Henrae Clark is very passionate when it comes to health and dieting. With a background in physiology, nutrition, food science, and deep expertise on the benefits of paleo and gluten-free consumption, Henrae Clark hopes to publish more books to help readers make positive changes to their lifestyle. Henrae currently resides in Atlanta, Georgia with his wife and his puppy, Bernie. He enjoys hiking, running, traveling, and a medium-rare steak with mashed potatoes on the side.

Henrae does a wonderful job of breaking down Paleo into a simple to follow guide that will work for anyone! Henrae starts with a in-depth explanation of the Paleo diet and everything you need to know in order to get started right away. The theory is important since it is hard to get motivated to follow the diet after a while if you don't understand why you are doing and the science behind it. After this, the book goes right into tasty recipes that are easy to follow. I really like how each recipe includes pictures of what you are making and also the nutrition of each one.

Absolutely Loved It! There were so many Paleo guides and cookbooks to choose from and I'm glad

I decided with Henrae Clark. He provided me with great knowledge that I would not be able to find on the internet. The recipes are also delicious and healthy. I followed the 30 day meal plan and it worked like a charm for me. A great beginner's guide for anyone interested in Paleo!

Paleo seems to be one of the diets du jour and this is a very handy little guide to give you the basic guidelines for you meal planning.

I would prefer colored pages but this is good for the price and a good book for people who are learning about Paleo and like something to go by.

I think this cookbook would be really good for a family, but most of it does not work for me because the recipes make too much and I don't like leftovers. I am a single person and it makes too much. I do however, use some ideas from the recipes to do my own thing.

The book is a good guide for a beginner in Paleo Diet. There are a lot of things i can not eat that was recommended do i have to substitute. I have a lot of food allergies as well as environmental allergies. So in all the booj gave me a place to start

It does have some good info on things I have never considered. Could use some colored pictures of the recipes, smaller then what I had anticipated, I wouldn't say this was a good book to start Paleo there are better books out there.

Didn't like the recipes or anything else about it

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