



Practical Paleo Diet: Lose Weight with Paleo Budget Recipes for Breakfast, Lunch and Dinner

Mr Robert Burks

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Paleo Diet and Lifestyle Need Not Hurt Your Pocket If you consider yourself updated on the latest lifestyle trends, you may have probably heard of the Paleo Diet. Also known as the “Caveman’s Diet,” the Paleo Diet works on the principle that the food that our Stone Age ancestors ate every day had more in terms of health benefits than what we have been used to eating for years. Industrialization and other advances in technology gave us greater convenience in ensuring we had enough food to sustain us, but such convenience came at a high price, particularly with regard to our health. People then began suffering from a whole host of conditions that included obesity, heart disease, and diabetes. On the other hand, research has proven that early man suffered none of these dreaded conditions partly because the only food he ate contained none of the qualities that make modern-day processed food detrimental to the body. Switching to a Paleo Diet is therefore crucial, but not too many people have eagerly embraced this new lifestyle partly due to the myth that such change will cost them an arm and a leg. On the contrary, it is possible to go organic and all-natural in terms of the food we eat without having to spend any more than what we are used to, and Practical Paleo Diet will show us how it’s done. This book contains cost-cutting measures as well as 21 healthy and tasty Paleo recipes that you can prepare even on a limited budget. You’d be surprised at what you will learn, particularly when you realize just how easy – and inexpensive – it would be to “go Paleo,” possibly for the long haul. Get Practical Paleo Diet today and start enjoying truly delicious and nutritious food without hurting your budget!

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