

After reading this book you will learn all about low-carb and paleo dietary lifestyle, and combining the two for optimal weight loss and healthy living. The Health and Wellness Benefits Will Be Incredible! 50 ESSENTIAL Low Carb Paleo recipes included! SPECIAL OFFER - OVER 70% DISCOUNT LIMITED TIME ONLY \$2.99! (Regularly priced: \$6.99) This book focuses on the low-carb and paleo dietary lifestyle, and combines the two of them for optimal weight loss and healthy living. The low-carb diet has been popular for years now, and is a proven effective way to lose weight quickly and stay in shape. The paleo diet, which revolves around the idea that early hunter-gatherers were in great shape and never overweight, has come into popularity in recent years, but is hanging on as a great way to lose weight while eating a healthy and balanced diet. This book will briefly explain the reasons why these two diets work so efficiently together. Following that, it will include fifty tried and true recipes for the essential paleo and low-carb combination kitchen. With these recipes in your repertoire, you are sure to be able to transition easily to a low-carb paleo diet and stay on that diet for as long as you choose, without any complications. The recipes have all been chosen based on their ease and cooking times. Most of these recipes can be prepared quickly and easily on any day or night of the week, while a few of the more complicated ones have been included for use on special occasions. All of the recipes within this book contain very few carbs, and they all use ingredients which are approved by the paleo diet and its followers. Too, many of the recipes are dairy-free and/or gluten-free, which are both added bonuses! The last chapter of the book will include a week-long meal plan and a shopping list to help you get started with the paleo low-carb crossover diet. By following this outline, you are sure to get started on the right foot and prepare yourself for success in your weight loss endeavors. This is A Preview Of What Youll Learn! why the low carb diet works why paleo and low-carb dieting are great choices 33 delicious recipes how to transition into the diet with a weekly meal plan and shopping list and much, much more! Would You Like To Know More? Download your copy today! Take action NOW and download Low Carb Paleo Style SkinnyTaste Cookbook: 33 Essential Low Carb Paleo Recipes for Paleo Style Life and Healthy Living for a limited time discount of only \$2.99! Available on PC, Mac, smart phone, tablet or Kindle device. © 2014 All Rights Reserved Tags: paleo kitchen, paleo, paleo weight loss, paleo diet, low carb, paleo low carb diet, paleo cookbook, paleo recipe book, paleo slow cooker, paleo diet cookbook, paleo low carb, paleo mediterranean recipes, paleo mediterranean cookbook, paleo for beginners, beginners paleo recipes, paleo style, paleo lifestyle, paleo approach, paleo living, paleo life, paleo, free kindle book paleo, paleo slow cooker, paleo diet for beginners, paleo diet free kindle books, paleo diet food list, paleo diet for athletes, paleo approach, paleo for weight loss, paleo diet for weight loss, paleo diet free books

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