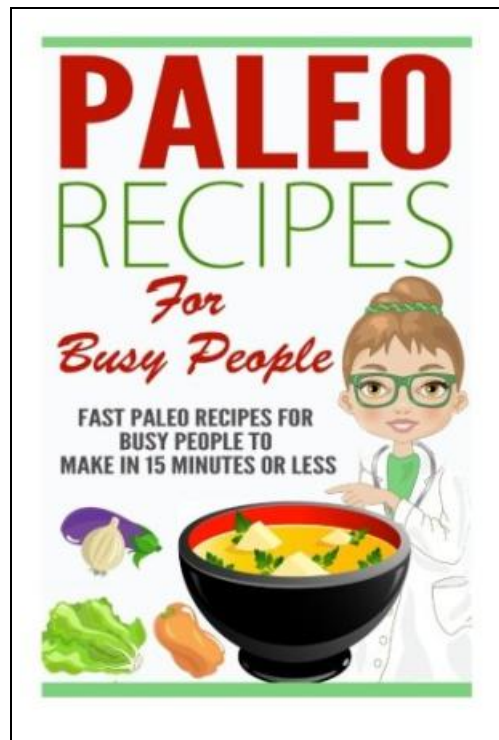


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Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Don't let life slow down you can still be healthy with these super-fast Paleo Recipes! The Paleo Diet is said to be the healthiest way to eat since it is the one and the only nutritional approach which works with our genetic profile. Unlike other diets that are too restrictive, you can still indulge in great-tasting food, albeit you would have to avoid certain kinds of food such as dairy products, refined sugars, potatoes, salt, and refined vegetable oils. In particular, it promotes the consumption of lean proteins such as fish and meats, fresh fruits and vegetables and healthier fats. With this diet, you can have eggs, nuts and seeds, and healthier oils such as olive oil. This diet has a wide range of health benefits. For starters, it makes your workouts more effective, stabilizes your blood sugar levels, helps you burn off stored fat, reduces allergies and provides you with balanced energy throughout the day. It is also an effective anti-inflammatory and even helps improve quality of sleep. Some people follow this diet because they want to lose weight while others simply want a healthier lifestyle. No matter what your intentions are in following the Paleo Diet, here are some recipes that can help you in continuing the Paleo Diet. These recipes are easy to prepare and are not at all time-consuming. If you are a busy person, you would find this e-book handy.



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