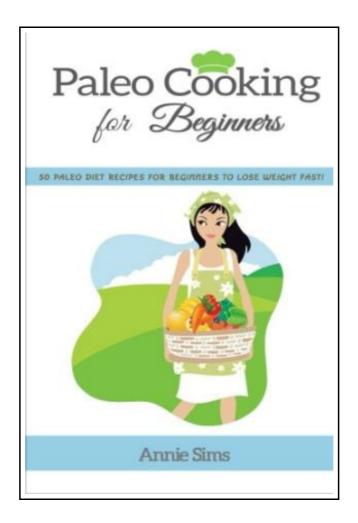
## Paleo Cooking for Beginners: 50 Paleo Diet Recipes for Beginners to Lose Weight Fast! (Paperback)



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Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.50 Super Simple Recipes to get Healthy and Lose Weight The Paleo diet is inspired by the diet during the Paleolithic era. Homo sapiens were characterized as muscular, tall and athletic. After the agricultural revolution, people discovered new ways to grow food. However, the human body did not adapt well to digesting grains and other agricultural produce. Paleo diet has also been hailed as an effective way to burn fat. The body prefers to burn fat since it is slowly burned and much more efficient than carbohydrates. However, as your carbohydrate consumption increases, the body opts to burn carbohydrates instead and stores the excess in the cells for later use. By eliminating simple carbs in your diet, your body can use fat for energy again. Essentially, focusing on eating real food can have numerous benefits which include better gut health, improved digestion, and less body fat. The Paleo diet may seem very difficult to follow but with few recipes to get you started, you can soon start making your own Paleo dishes to enjoy. Paleo diet focuses on eating whole and unprocessed foods. The diet encourages people to eat like the early humans did and consume mostly fresh fruits, vegetables, eggs, nuts, and animal meat. Are you going to miss out? Grab this Deal while it s still here!.

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