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Paleo: 30 Day Paleo Challenge: Discover The Secret To Health And Rapid Weight Loss With The Paleo 30 Day Challenge; Paleo Cookbook With Complete 30 Day Meal Plan

B r a n d o n S o l o m o n



30 DAY
PALEO
CHALLENGE



Synopsis

Kindle MatchBook: The Kindle edition is FREE when you buy the paperback edition today! 30 Days of Paleo recipes (90 individual recipes in total) to promote rapid weight loss, increased energy, and optimal health so you can feel better than ever. Accept the Paleo challenge! Some of the biggest authorities on nutrition, weight loss, and overall wellness have recognized that a Paleo lifestyle is one of the most effective ways to not only lose excess body fat quickly, but promote maximum overall health in order to improve your quality of life! But thousands of Paleo enthusiasts around the world didn't need the experts to tell them that. They already knew how effective Paleo can be because it has already worked for them! Complete 30 day Paleo meal plan! This cookbook is specifically made for a one month Paleo challenge. Each and every day for 30 days you will know exactly what to eat. Each day has an energy-packed breakfast to get your day started, a tasty lunch that you can look forward to, and a satisfying dinner that you will fill you up as the extra weight comes tumbling off of your body. Every day has three new recipes with no repeats, and together they form amazing collection of fresh, healthy recipes for Paleo enthusiasts! Even after your 30 day Paleo challenge is complete, you will want to make these recipes over and over again, not just because of the dramatic weight loss you'll experience, but because they taste so good! Losing weight can be easy! Losing weight can be a struggle, but it doesn't have to be! When you have recipes you love for a meal plan that works, weight loss becomes both easy and fun! Paleo has helped thousands of people to lose 30 pounds per month. How would your weight loss efforts improve if you had a full month worth of delicious Paleo recipes at your fingertips? Accept the 30 Day Paleo Challenge! Grab this cookbook today and discover why those in the know are raving about Paleo. Enjoy amazing, fresh, tasty Paleo meals every day for 30 days! Don't take a pass on these Paleo recipes that your family will love and that will make you look thinner and feel healthier and better than you have in years! Accept the challenge!

Book Information

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Customer Reviews

My son doesn't put his fork down anytime I make a meal from this cookbook. He can't get enough and I don't blame him, the recipes are incredible. Even if you don't want to do the 30 challenge you can just use this as a cookbook and make some great healthy meals for your family. I might do the challenge one day but for now I'm just enjoying the recipes.

Some of these recipes are amazing like the avocado shrimp salad and the spicy chicken curry. I was following the meal plan but I liked some of these recipes so much that I wanted to make some again and jump ahead to try some others. I can tell already this cookbook is going to be a big hit at my house for a long time to come.

Too many errors to count! Beyond the grammar and spelling errors, you simply CANNOT trust the amounts for the ingredients. Some of the errors are just funny. I like salmon so I checked those recipes first. Love the salmon recipe on page 163 that says place the chicken wings in the oven. Whoa, I thought this was a salmon recipe. But the last few words in the recipe say "transfer the salmon on a serving dish then enjoys warm." So I guess it is a salmon recipe and, yup, we're really gonna "enjoys" it. Don't even mention that most of us would transfer it TO a serving dish. Let's just enjoys it!

Poorly written, many grammatical errors, not worth a dime!

Great recipes

The 30 day challenge is an average of 800 calories a day. Three items , no snack. No a healthy way to start Paleo

I'm just finished the first week of my 30 day challenge and I can already notice a difference in how my pants fit and how much energy I have. I have a few friends who swear by the Paleo Diet and I can't argue with their results, some of them have lost a lot of weight. I was worried the diet would be too restrictive but so far I don't feel like I'm missing out on anything. I'd be happy to eat the meals I've made so far from this cookbook even if I wasn't on a diet. As far as the cookbook itself, I'm really happy that it includes an image for every recipe and states the carbs, fat, sugar, and other content of the food so you know exactly what you are eating. This is a high quality cookbook that walks you through a fun 30 day challenge using a popular and effective diet.

The Paleo Diet is one of the most effective diets I've ever tried. This book was a great way to get back into it. The book gives an overview of the tenets of Paleo Dieting in the Introductory chapter. Then the rest of the book is recipes. The recipes are structured in the form of a meal plan, so there is Day 1, Day 2, etc. Under each day there is a breakfast, lunch, and dinner. The meals compliment each other so it saves time with prep and minimizes waste. Really well done meal plan and a great quality Paleo Diet cookbook.

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