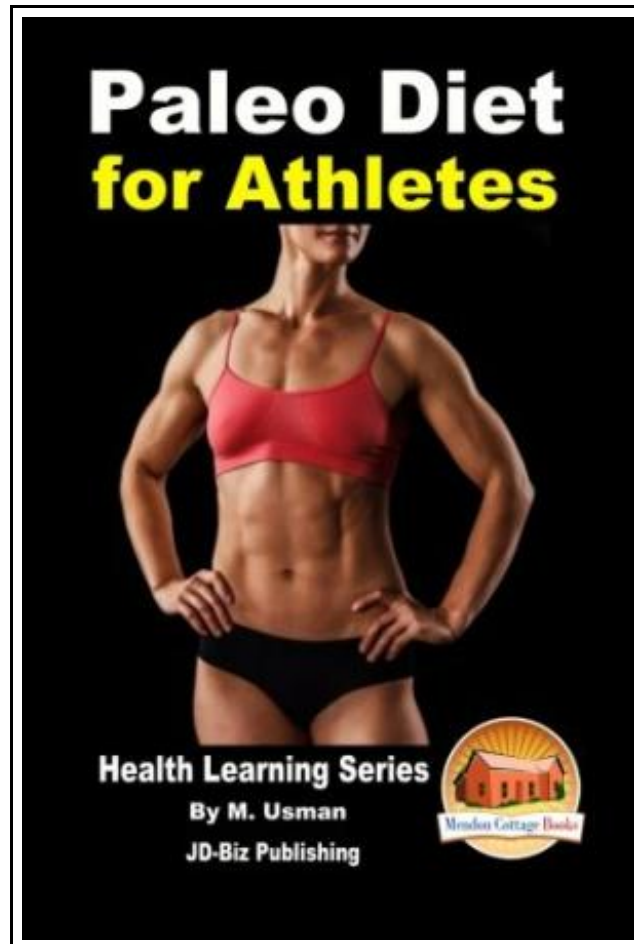


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Reviews

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface SECTION I - Getting Started Chapter # 1: An Introduction Chapter # 2: Between the lines Chapter # 3: Added Benefits Chapter # 4: Switching to the Paleo Diet SECTION II - Paleo Specifics Chapter # 1: Importance of BCAAs Chapter # 2: Importance of Simple Carbs SECTION III - Diet Plan Chapter # 1: Basic Paleo Plan Chapter # 2: Pre-work out meals Chapter # 3: Post-work out meals Chapter # 4: Breakfast Chapter # 5: Lunch Chapter # 6: Dinner Conclusion References Try our diet and get leaner; try our diet and you ll lose 10 pounds in a week, try our diet and you ll never have to do cardio again; and the list goes on and on. In today s world dieting has become more of a business than a way to benefit people s lives. There are hundreds of diets out there and dozens making their way into the market, all cleverly advertised to target the core weakness of every consumer: A promise to make your life better. This is largely a hollow promise but still health corporations succeed in trapping hundreds of thousands of people. So the question arises what is so special about the Paleo diet that makes it worth trying? For starters, the Paleo diet isn t a new thing; it wasn t created a few years or decades ago by some professor in a testing lab. The Paleo diet was a result of humans fight for survival, it was what our ancestors used to eat 10,000 years ago; right around the time when there were no grocery stores, super markets and fast-food. Eating wasn t...



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