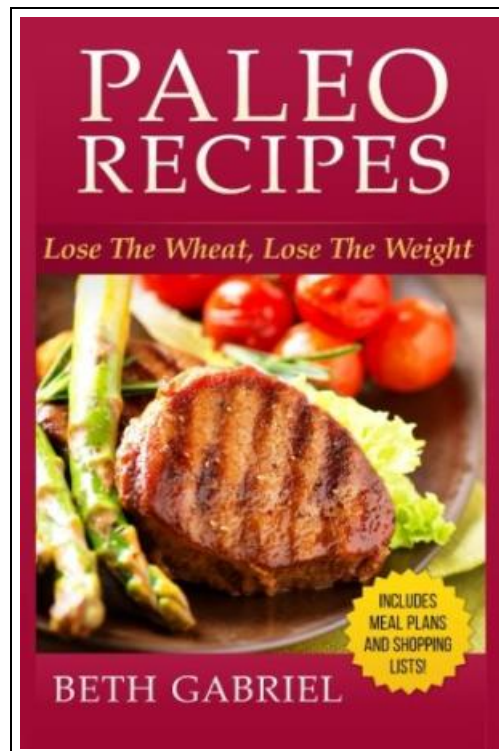


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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Paleo Lose The Wheat, Lose The Weight diet is not a typical diet at all. It s the return to the essential food that our ancestors ate. Don t be fooled, the Paleo diet contains an abundance of great tasting food. You won t be left feeling like you re missing out on anything. And you ll lose weight! All recipes are naturally Gluten Free, Wheat Free, Dairy Free, Lactose Free, Refined Sugar Free, the Flat Belly Diet to lose weight! Critics say This cookbook gives you 50 delicious Paleo recipes to make your diet a success. To make matters simple this book begins with three full meal plans. The meal plans are complete with recipes and shopping list to pick up what you need at the grocery store. These recipes show you how to. Lose The Wheat, Lose The Weight. Tag Powell Beth has provided a turn-key approach to healthy, natural nutrition. She provides an excellent, logical intro into the reasons why the Paleo diet helps . the way the human body was intended to be nourished. Beth takes this a step further by delivering a meal plan and shopping list to help you easily implement this diet and seamlessly. George Rogers.



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