



Intro to Paleo: Quick-Start Diet Guide to Burn Fat, Lose Weight, and Build Muscle

Abel James, George Bryant

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Want to harness the principles of the Paleo diet, ancestral health, and primal fitness, to burn fat, build muscle, and improve your health? Want 9 delicious Paleo recipes from Civilized Caveman Cooking?

Whether you're a Paleo beginner or a knuckle-dragging rockstar, you'll enjoy and be informed and entertained by this concise exploration of the Paleolithic diet and primal lifestyle.

At roughly 44-pages, this Introduction to the Paleo lifestyle is a brief, easy-to-read, and informative resource to help you rolling right away.

Abel James, host of the wildly-popular Fat-Burning Man Show, covers a brief history of the natural human diet, paleo fitness, meal ideas, 9 delicious recipes, a shopping list, and a complete paleo-in-a-page resource to get you started (or back on track) right away.

Take a look at "Paleo in a Page" if you're in a hurry to get started.

Learn where the concept of Paleo came from and where it's going.

See why you don't need to buy expensive supplements, miracle fat loss potions, or do endless hours of cardio to lose weight and improve your health.

Find out principles that spur fat loss by supercharging your metabolism and muscle growth.

Eating less and exercising more is not necessary. A calorie is not a calorie. You do not need to tether yourself to a treadmill. When you embrace the Paleo lifestyle, you can be lean and enjoy life. It's a piece of (gluten-free) cake.

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