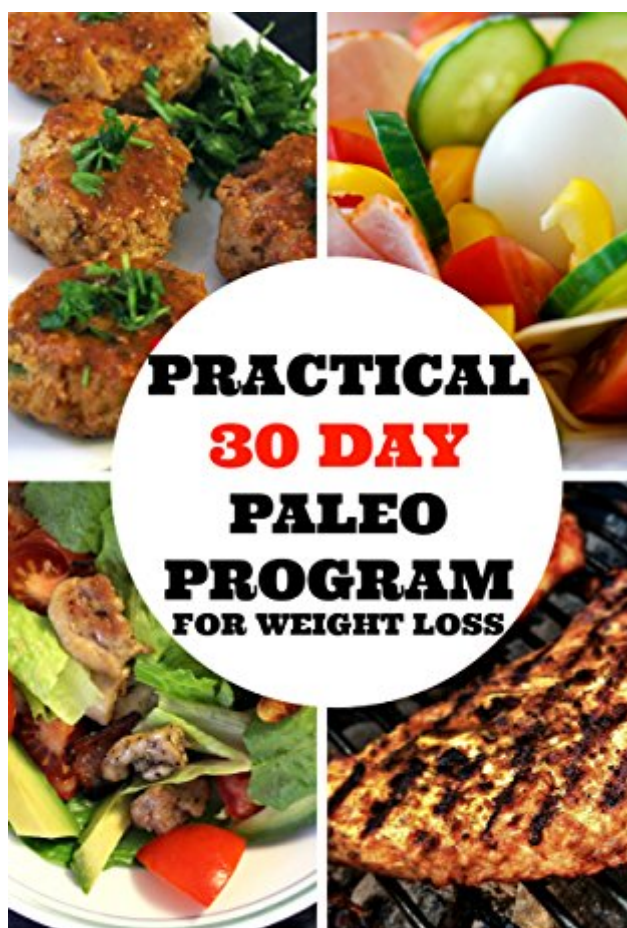


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# Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo Diet, Diet Challenge, Paleo Guide To Weight Loss)



ELIZABETH VINE



## Synopsis

#1 BESTSELLER - The Paleo ChallengePaleo Guide To Weight LossThe Practical 30 Day Paleo Program was specifically created to make it simple, easy and delicious for YOUR success.Practical 30 Day Paleo Program ( weight loss guide) It includes:Weekly Shopping ListsWeekly Meal Plans100% Paleo Healthy Approved RecipesStep-by-step easy to follow recipe instructionsVariety in Foods to keep your body satisfied & your taste buds craving moreWhat is the Paleo Diet about? Taking care of the thinking and planning for 30 Days, just follow the Paleo Challenge along, flipping the page for the next meal. Trust us, when youâ™ve completed the 30 Days, you wonâ™t want to go back. Learn how to be Healthy, how to Burn Body Fat and how to take control of Your Life. The Practical 30 Day Paleo Program is for those of you who are serious about getting healthy. About taking control of:your weight,your skin,your hormone balances,your toxin levels,your autoimmune sensitivities and diseases.The Practical 30 Day Paleo Program is everything you need to start losing weight, getting healthy and living a Paleo lifestyle. Start Paleo Diet TodayPaleo Wired 30 Day Challenge benefits:You'll burn body fatYou'll get strongerYou'll get healthierYou'll have more energyYou'll sleep betterYou'll change your lifeInfuse your life with action & Get Your Own Paleo Approved 30 Day Challenge to start feeling the difference!Be Healthy with Paleo diet

## Book Information

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## Customer Reviews

If switching to a Paleo diet seems formidable, think again--and buy this book. "Paleo Wired's 30 Day Challenge" makes switching to a Paleo diet comparatively easy. The book presents shopping lists, meal plans, and recipes for three meals a day for four weeks. The book begins with a "Getting Started Shopping Guide." This guide lists ingredients you will need throughout the month, such as various spices, baking powder and soda, condiments and oils, seeds, butter, coconut flour, almond butter, and so forth. The rest of the book is divided into four weeks. Each week begins with a "Meal Calendar." This calendar is a chart that lists the 21 meals you will be preparing that week. The Meal Calendar is followed by an extensive shopping list specific to that week. After this come the Recipes. The 21 recipes for the week are listed consecutively, so that you don't have to keep flipping back and forth from the Meal Calendar to a particular recipe. This procedure is repeated for each of the four weeks of the diet. At the beginning of each recipe is the following information: number of servings, prep time, and cook time. Generally, the recipes serve anywhere from 1-3 persons. (They can be adjusted up or down as needs be.) This is followed by a list of ingredients and the directions for preparing and cooking. For the most part these recipes can be prepared in 5-15 minutes, depending on the complexity of the recipe. The cook times range anywhere from 5-60 minutes (a few are non-cook recipes), with the majority being in the 10-30 minute range. (Some of the meat dishes require an hour or so in the oven.) As far as I can tell, all the recipes are gluten free and use organic ingredients. All in all, following this plan is a great way of ensuring that you are sticking with a Paleo diet. I received a pdf copy of this book in exchange for writing an honest review.

This book it's laid out for your whole week, planner, recipes and shopping list included. There are no decisions to make, just follow the planner and cook your recipes for the day. So straight forward and a no brainier. You gotta get this one.

GREAT!! This little book is totally awesome. It has the greatest recipes in it. It is so easy to use because each week it has a list of groceries you need to get for the recipes for that week. It makes it so easy to cook. The greatest thing about it is you know you are cooking healthy and good things for your body. I highly recommend this book. And what a great price. No regrets here.

I've started the Paleo diet many times, but have never been able to keep at it for a full 30 days, which a number of experts say you need to feel the full benefits and better understand your reactions to certain non-Paleo foods. The problem is I could never stick to it for a full 30 days! This book does an amazing job of giving you a FULL 30 day meal plan, ALL the ingredients that you are going to need listed out as a grocery list and EASY to follow recipes that are delicious! I just started on this 'round' of Paleo but have never felt so set up for success!!

The recipes are simple and helpful to someone new to Paleo. There are no pictures of completed dishes. So if you are the type of person that needs pictures of food next to the recipe then this book is not for you. Personally, I don't need pictures and was able to follow the recipes without that added feature. This book was not very expensive, which is good for someone trying out Paleo to see if this lifestyle is right for them. It also provides a getting started guide and 4 weeks of menu planning.

The recipes are great but it is not in the common cookbook format. I tried the first week of meals and found some of the meals huge and some did not even list the correct measurements. One recipe called for 7oz of ground turkey and 14oz of tomato puree with some spices and veggies, you are supposed to make patties with this recipe-it made a soup like consistency. Also, the pumpkin muffin recipe is amazing but says that it makes 2-3 servings which means that I can have 6 muffins? I do like 99% of the recipes but it seems that this book needs to go back to the editing department for clarifications on many of the recipes.

If you have a busy life style this book is not for you. Almost all the recipes have a long list of ingredients. I was hoping for something with good tasting easy to fix meals. This book did not deliver, I didn't even try one recipe and plan to return it.

I have been experimenting with different diets to maximize my performance in the gym and to be as healthy as possible. I tried the slow-carb diet for a while and saw good results, but slow carb is somewhat more restrictive than paleo and I got bored. So I picked up this book to help me make the switch (one of the main differences is slow carb allows and urges you to eat beans to stay full, and no fruit, while paleo doesn't allow legumes at all but allows fruit). I love how all the meals for 30 days are planned out and you know exactly what to buy when going to the grocery store for the whole week. The variety is also quite awesome for me, since I'm used to slow carb which is pretty much the same thing day in and day out. A very helpful book!

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