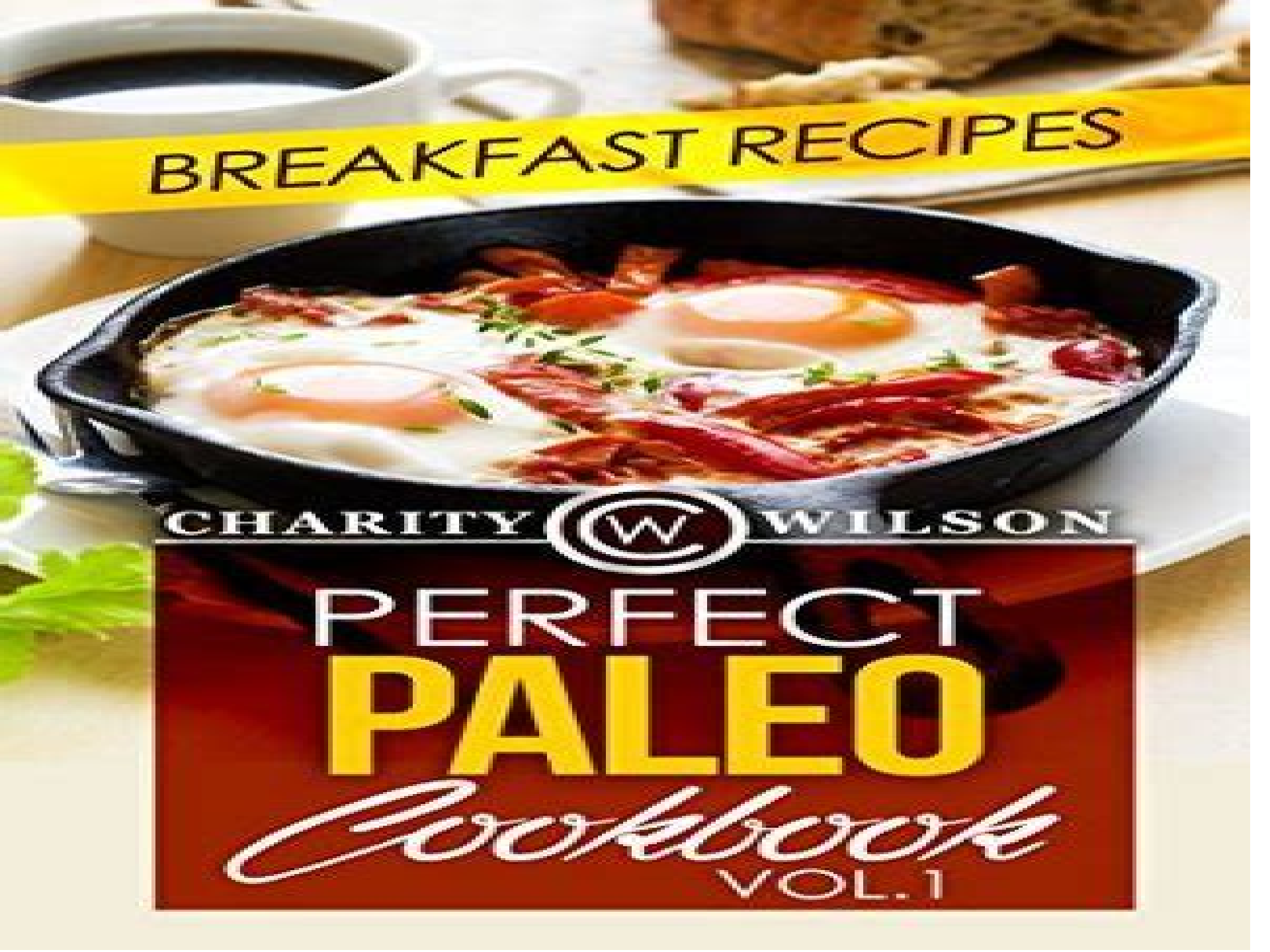




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seafood Eggs Nuts and seeds Healthy fats and oils coconut olive walnut flaxseed avocado A Paleo diet also has a list of foods it recommends you moderate or eliminate based on the fact our ancestors would not have had access to these foods You will find that list inside the introduction Would You Like Even More Paleo Recipes In order to stick with a healthy lifestyle you need a variety of recipes at your fingertips which is why you will want to check out all the cookbooks in the series Perfect Paleo Cookbook Vol 1 Breakfast Recipes Perfect Paleo Cookbook Vol 3 Dinner Recipes Purchase today and start enjoying your recipes right away Scroll to the top of the page and select the buy button

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seeds Healthy fats and oils coconut olive walnut flaxseed avocado A Paleo diet also has a list of foods it recommends you moderate or eliminate based on the fact our ancestors would not have had access to these foods You will find that list inside the introduction Why Bother With Paleo Smoothies Convenience leads to weight gain but can also lead to weight loss It is a powerful tool Eating a pound of vegetables a day can seem like an inconvenience but drinking a couple weight loss shakes that support your Paleo eating is super convenient If you don't make eating healthy feel convenient you will eat unhealthily It is that simple A Paleo diet derives its health benefits from the fact you cut the crap and add in ample amounts of vitamin and anti oxidant loaded fruits and vegetables If you are not a fan of chewing cup after cup of broccoli and kale then smoothies will be your saving grace You are going to see a different approach inside Paleo Smoothies Inside you will find shakes that do not claim to burn fat off your body because the fact is not many weight loss shakes ever really do that Instead you will see smoothies that support muscle growth and maintenance The secret behind fat burning is having as much lean muscle tissue as you can When you see someone that has a body you want you may believe it is fat loss that made their body look that way Actually fat loss was the second step The first was molding all that lean muscle you see while losing fat The more lean muscle you maintain the easier it is for you to lose fat Time To Eat Download and start enjoying your recipes right away Scroll to the top of the page and select the buy button

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important meal of the day The meal that fuels your day The meal that keeps you focused productive and energized You know that feeling you get when you don't have a delicious and nutritious breakfast That early afternoon slump feeling that you need a gallon of coffee to help you power through Well if you're anything like me then you hate that feeling and always make sure you eat an awesome breakfast Because you know how important breakfast is and combining it with the power of the Palaeolithic diet is basically rocket fuel We all know that The paleo diet is absolutely amazing at providing sustained energy throughout the day keeping you fuelled focused and productive Not to mention the fat loss weight loss increase in muscle healthy heart benefits and all the other benefits it packs But one thing I've always felt limiting was the choice of quick and easy delicious and nutritious paleo breakfast ideas Don't get me wrong I love bacon and eggs but it can get repetitive eating the same thing every day Because of this I decided to start the journey of creating the best paleo diet breakfast recipes available And I want to share them with you These are the breakfast recipes that are my tried and tested favourites to eat They are all paleo diet friendly and will keep you energized focused healthy and productive all day long Dive into the book and explore these exciting recipes that will turn breakfast into not only the most important meal of the day but the most enjoyable So grab the book now and start to explore all the amazing recipe options that are open to you Every recipe is quick and easy to make paleo friendly and will make you feel 110% I know you're going to love this book Cheers Jackson P S Don't Forget Your Free Gift To say thank you for supporting me I've put together a special gift for you It's inside the book Enjoy

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