



Paleo Diet For Beginners : 70 Top Paleo Diet For Athletes Exposed ! (The Blokehead Success Series)

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To jumpstart your shift to the Paleolithic diet, the 7-Day Paleo Beginners Plan encourages you to clear your home of non-Paleo items that can tempt you to revert to your usual diet. Keep in mind that the Paleo diet is more of a way of life than it is a dietary program. Making the right choices of food is the center point of this plan. Therefore, to make it easier for you to choose the right food, it helps that you remove unhealthy choices. This will leave you to choose among Paleo food items and ingredients, and whatever you choose, you can be sure that they are healthy. Grab the book to know more!



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