The Paleo Primer: A Jump-Start Guide to Losing Body Fat and Living Primally

By Keris Marsden

Primal Nutrition. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.6in. x 6.7in. x 0.6in.How amazing would it be if eating great tasting food helped you to lose fat, boost your energy levels and made you look awesome Thanks to The Paleo Primer, this is now possible andmore to the pointsustainable. The Paleo Primer is a great resource to help readers get quickly acquainted with the principles of Primalpaleoevolutionary health living and eating. The first half of the book lays out the basics, with humorous and memorable cartoons to convey the key messages and lay the foundation for an effective daily routine. Youll learn how to get your mind right for lifestyle transformation, understand which foods to eliminate and why, follow step-by-step plan to get started, and even enjoy a list of lifesaving books and websites. The recipes section contains over one hundred delicious, easy to prepare dishes that are organized into enticing categories like, How to Pimp a Salad and Cheats of Champions. The Paleo Primer also offers preparations suitable for busy weekdays, and others for relaxing weekends. The Paleo Primer was written by Keris Marsden and Matt Whitmore, a British couple who operate a unique and extremely popular...

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Reviews

A superior quality book along with the font employed was exciting to see. It is one of the most amazing book i have got read through. You wont really feel monotony at anytime of the time (that's what catalogs are for about in the event you ask me).
-- Santina Sanford

Thorough guide! Its such a very good go through. It is really simplified but surprises in the 50 % from the ebook. You will like how the blogger write this ebook.
-- Mr. Brandt Kihn