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Make Ahead Paleo: How to Prepare Super Healthy Food: 15 Easy and Fast Paleo Meals

Jacob Thompson

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The Paleo diet is a step back in the right direction, the modern diet is full of processed foods and fillers which are no good for the Human body. The Paleo diet **removes** all the of bad stuff and sticks to the bare bones of what Humans really need to survive. With a new and improved diet the body can begin running at **maximum efficiency with no negative effects.** Make Ahead Paleo provides a basic introduction into the **diet's philosophy**, **basic plans** and **delicious recipes** to get you ahead and on to a improved quality of life.

The book covers topics such as:

- Reasons to adopt the Paleo Diet
- The History behind the diet
- How the diet is beneficial
- Plans to meet optimum health and dietary requirements
- Healthy and tasty recipes that adhere to the Paleo concept

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