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# Paleo Diet: The Irresistible 14-Days Paleo Diet Plan 100+ Recipes for Weight Loss and Healthy Living (Bonus inside On Bone Broth

*Alison Wayne*

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## Paleo Diet : The Irresistible 14-Days Paleo Diet Plan 100+ Recipes for Weight Loss and Healthy Living

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**Paleo Diet provides many amazing health benefits for your body including increase energy, reduced risk of health disease such as obesity, diabetes, heart related problems and of course Weight and Fat lose....and much more!**

Whether you're looking for information on healthy living, weight and fat loss or easy-to-prepare healthy and delicious meal recipes - Paleo Diet Plan is for you!

? It has holistic benefits. Paleo is more than just giving you your dream physique. It is also about giving you a mental, emotional, psychological, social, occupational and even spiritual health. It focuses on the totality of the person, not just on one aspect only. Its main target is for man to have a quality, successful, healthy, and happy life.

? Plus, paleo offers so much more! Learn about them today.

Let this book be your guide as you start your journey to a healthier, happier, fitter and more successful life! Here is a preview of what you would find in this book.

Chapter 1 Chapter 1: Paleo Diet Explained

Chapter 2: Eating Healthy on the Cheap

Chapter 3: 14 Day Paleo Diet Outline

Chapter 4: Extras and Substitutions

Chapter 5: On Bone Broth

Chapter 6: Bone Broth Recipes

Live your life to the fullest. With the help of Paleo diet, you can enjoy life and experience real living!

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