



Paleo Diet: 101 Recipes For Weight Loss (Timothy Pyke's Top Recipes for Rapid Weight Loss, Good Nutrition and Healthy Living)

Timothy Pyke

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Hundreds of thousands of people across the globe have discovered the health benefits of the Paleo Diet and are losing that stubborn abdominal fat and lowering their risk for hundreds of obesity-related diseases.

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It is not just effective in helping you with your weight loss goals but incredibly effective at other things such as building muscle, managing Gluten Intolerance and Celiac Disease, reversing diabetes, reducing heart disease and cancer risks, lowering blood pressure, and reducing cholesterol.

Inside this book You will find 101 delicious Paleo Diet Recipes to jump start your weight loss goals

Recipes Included Inside...

- Breakfast Eggs with Prosciutto and Asparagus
- Baby Carrot & Mango & Coconut Paleo Smoothie
- Buckwheat Sandwich Wraps
- Zesty Fish and Vegetables in Curry
- Spicy Chicken Vegetable soup
- Baked Turkey and Egg Casserole
- Grilled Garlic Mushrooms

- And Much, Much, More!

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