



STEP BY STEP PALEO - Book 1: a daybook of small changes and quick easy recipes (Paleo Daybooks)

Joanna Alderson

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Are you confused - and maybe a little intimidated - by all the Paleo information out there? The Step By Step Paleo Series is the answer.

The Paleo Diet does not have to be difficult. Learn everything you need to know one small enjoyable step at a time. Instead of becoming overwhelmed, allow yourself to absorb the information you need at your own pace.

This book is a Paleo for Beginners guide. It will teach you everything you need to know about the Paleo Diet. It's not really a Paleo cookbook, but Paleo Recipes are definitely a part of what you will learn. Step by Step Paleo will introduce you to great, easy Paleo recipes, many of them made in the Slow Cooker for ease and convenience, and by the time you're finished you will have all the recipes you will ever need.

Step by Step Paleo covers all types of Paleo diets - low carb, high fat, Primal and Ketogenic just to name a few. You will learn about all of them so you can choose which one is right for you.

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"I love this book! This puts all the facts, figures and fiction in one place. So much easier to figure out what might work for me."

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If you're interested in health and weight loss, are looking for an easy to follow guide with lots of great recipes, and one that allows you to learn at your own speed as well, STEP BY STEP PALEO is for you.



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