



The Quick Paleo Brunch! 50 Easy-to-make Breakfast & Lunch Recipes for Weight Loss: Grain-free, Gluten-free and Low-carb Cookbook

Jonathan Young

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Why Paleo?

If you are looking for a healthier diet or looking for losing those extra pounds the healthy way, then you are in the right place. This book has easy to prepare, delicious meals for you and your family. Avoid processed foods and foods that make false claims and start the Paleo Diet today! These recipes will improve how you look and feels and lead to a healthy weight loss. It also helps in erasing symptoms associated with common health disorders. The Paleo Diet also helps in improving immunity, blood sugar levels, digestion, sclerosis and heart health.

This diet encourages you to eat whole foods and avoid highly processed foods- including foods that are high in calories, refined carbohydrates, fat and added sugar. Eating the foods you're meant to consume will make you feel full naturally before you are at the risk of overeating. Moreover, you will stay satisfied for much longer when you eat the nutritionally fulfilling food. So, what are you waiting for, give your body a nutritional treat without depriving yourself with the quick and easy Paleo recipes in this book!!

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