



# Paleo: 200 Fast & Easy Paleo Recipes For Weight Loss

*Cody Ruskin*

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## Fellow Paleo Friend,

Let's get serious for a second... Have a look at most of the people you know that have gone on a diet or obsessed about counting calories. Have a look at women and men who choose the low-fat yogurt, the margarine over butter, or think they're doing good by drinking diet sodas. Now, you tell us: have their bodies changed at all in the past 90 days? We'll wager you said, "No," And you would be correct. And that's because most people can't keep themselves from eating forbidden foods for long...so when they do, they BINGE, taking in a ton of "bad" calories all at once. The result is simple – MORE fat on your hips, thighs, belly, and everywhere else! If you've ever found yourself in this situation then please know that it is NOT your fault. Why? Because good people ju You're here because you already know that the Paleo Diet is a great thing. We both know that there's no other diet on earth that delivers so many across the board health benefits WITHOUT calorie counting, hype, gimmicks or anything like that.

## In Fact, Paleo Is Not Really a "Diet" At All!

It's really a return to the type of eating your body naturally craves and was designed for. And that's why it works. It's based on how we humans evolved for literally millions of years. And takes us back to our origins. A time when nobody got fat. When we were all strong, lean and had boundless energy. And when there were no degenerative diseases. Virtually Every Health Benefit Under the Sun Can Now Be Yours! As I'm sure you've heard, countless individuals around the world have turned to the Paleo Diet and way of living in order to regain their health, energy, vitality and power. Just a few of the benefits user report are:

- Leaner, Stronger Muscles
- Increased Energy
- Significantly More Stamina
- Clearer, Smoother Skin
- Weight Loss Results
- Better Performance and Recovery
- Stronger Immune System
- Enhanced Libido
- Greater Mental Clarity
- No More Hunger/Cravings
- Thicker, Fuller Hair
- Clear Eyes
- And So Much More!

## Maximum Nutrition, Minimum Interference!

The Paleo Diet and similarly, the Paleo Recipes you're about to discover work by two fundamental principles: 1. Put maximum nutrition INTO your body... and... 2. Reduce or eliminate toxins and "interference". The first one is obvious. Natural foods from the plant and animal world especially when organic and untouched by the horrors of modern food production and manufacturing are loaded with essential nutrition. The second principle is just as fundamental, but less apparent. It means that when we

avoid toxins hidden packaged/processed food... and the many hidden toxins in commercial meat, fruits and vegetables... Our bodies begin to clean out and detoxify. This allows our cells to expend less energy in actually fighting off foreign substances and more on rebuilding, growth and rejuvenation. **Imagine seeing and feeling more positive changes in your body and health than most people see in years of other "diets"? It happens all the time... Because you're finally getting all the vitamins, minerals, protein, fats and low GI carbohydrates that maintain the health of every organ in our body.** This E-book is the ultimate guide for making the Paleo Diet amazingly good-tasting, fun and full of the variety that not only makes you healthier but also satisfies your taste buds and cravings. It's every you could ever want in a guide for how to eat properly the Paleo way without compromising taste or convenience.

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