



Paleo Breakfast For Fat Loss: Complete Guide To Paleo With 30 Low Carb Paleo Breakfast Recipes Proven To Accelerate Fat Loss (Paleo Pro Series Book 1)

Dylan McGregor

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You must read this book! After you have not only will you have a sound understanding of Paleo, but you will see that it is undoubtedly the best diet for you. This isn't your typical cookbook filled with recipes and that's all. I go in depth about the paleo diet; why low carb paleo foods for breakfast accelerate fat loss, 30 different foods to have for breakfast (with recipes and nutrition facts), I will educate you fully about the paleo diet and why it works for fat loss, and more!

Paleo has no special pills or quirky combinations and the best thing is that it doesn't involve starving or eating lots and lots of so called diet products.

All that is required is for you to eat in a similar way to your paleolithic ancestors. Then when you have eaten in this way you will marvel at the additional energy you have, because you have rewired your body into burning fat for fuel rather than sugar. Fat is a longer, more sustainable energy source as it is 9 calories per gram, when carbs have a measly 4 calories per gram which burns off in the blink of an eye leaving your body thinking it needs more for energy (hence the carb cravings).

The chances are that you are like many in thinking that your body is totally invincible, well unfortunately this is not true! The sad thing is that you have probably been eating in the same way for years and therefore never had the chance to really feel good or lose that unwanted excess fat.

Once you make the switch to Paleo you will see just how much better you look and feel.

It will literally change your life. The book covers the following topics:

- What is the Paleo diet?
- Why go Paleo and what are the advantages?
- What you can & can't eat
- Breakfast – Get the day started off right
- 30 Paleo breakfast ideas
- Paleo Myths Busted

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Ricardo Boddie:

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