



# Practical 30 Day Paleo Program For Weight Loss: A Beginner's Guide to Healthy Recipes for Weight Loss and Optimal Health

*Elizabeth Vine*

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Amazon #1 BESTSELLER - The Paleo Challenge Paleo Guide To Weight Loss The Practical 30 Day Paleo Program was specifically created to make it simple, easy and delicious for YOUR success. Practical 30 Day Paleo Program ( weight loss guide) It includes: Weekly Shopping Lists Weekly Meal Plans 100% Paleo Healthy Approved Recipes Step-by-step easy to follow recipe instructions Variety in Foods to keep your body satisfied & your taste buds craving more Taking care of the thinking and planning for 30 Days, just follow the Paleo Challenge along, flipping the page for the next meal. Trust us, when you've completed the 30 Days, you won't want to go back. Learn how to be Healthy, how to Burn Body Fat and how to take control of Your Life. The Practical 30 Day Paleo Program is for those of you who are serious about getting healthy. About taking control of: your weight, your skin, your hormone balances, your toxin levels, your autoimmune sensitivities and diseases. The Practical 30 Day Paleo Program is everything you need to start losing weight, getting healthy and living a Paleo lifestyle. Paleo Wired 30 Day Challenge benefits: You'll burn body fat You'll get stronger You'll get healthier You'll have more energy You'll sleep better You'll change your life Infuse your life with action & Get Your Own Paleo Approved 30 Day Challenge to start feeling the difference!



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