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Paleo Diet for Women: A Step-By-Step Plan to Sustainable Weight Loss for Beginners with the Paleo Diet (Paperback)

By Megan Lacey

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover The Secrets to Outstanding Health and Rapid Fat Loss with this Step-by-Step Guide to the Paleo Diet for Women Are You Frustrated With Your Weight Loss Progress Despite Enormous Amounts of Exercise and Dieting? Discover How You Can Achieve Rapid, Sustainable Weight Loss by Using the Super Simple, Yet Extremely Effective Paleo Diet! Dear friend, My name is Megan Lacey, and I want to show you how you can use the super simple techniques of Paleo dieting to finally burn off that stubborn body fat and keep it off for good! All while MASSIVELY improving your overall health and well-being. your doctor will be stunned! Complete with a 4 Week done-for-you meal plan with delicious, Paleo-friendly recipes! I m giving you the complete solution to losing that unwanted weight the Paleo diet, and I will show how you can keep it off for good! If you follow the simple, yet extremely effective guidelines and principles in this guide, you WILL achieve that lean, fit and healthy body you ve always wanted! Inside This Step-by-Step Guide You Will...



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