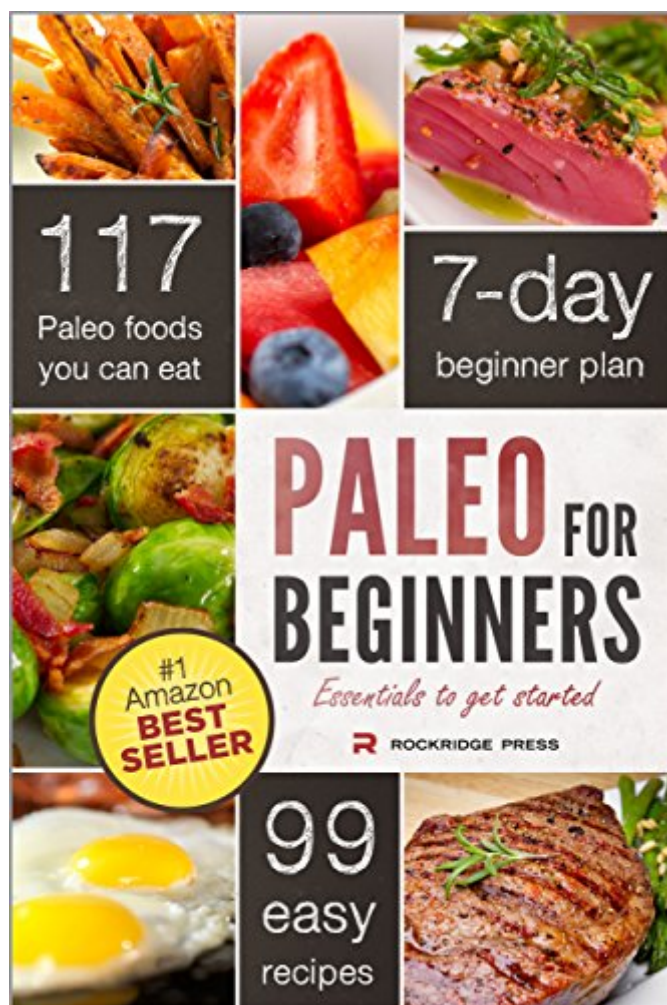


The book was found

Paleo For Beginners: Essentials To Get Started With The Paleo Diet



Synopsis

The New York Times Bestseller Starting a new diet can be difficult, learning about one shouldn't be. Paleo for Beginners: Essentials to Get Started, is a comprehensive, yet concise guide to embracing the Paleo lifestyle. John Chatham, bestselling author of The Paleo Diet Solution and The Paleo Diet Solution Cookbook, walks readers through every step of success in a concise, easy-to-read format. Extensively researched, Paleo for Beginners offers answers to your most pressing Paleo questions, from the basic to the more scientific. Is the Paleo diet just another fad diet? No, in fact it is the diet humans were designed to eat. Also known as the Primal diet, the Caveman diet and the Stone Age diet, the Paleo diet has literally been around as long as men and women have roamed the earth. What is the Paleo Diet? The low-carb, high-protein diet is a simple, healthy way to lose weight and feel better. Enjoy the best health of your life, and lose weight while preventing and treating diabetes, hypertension, heart disease, cancer, osteoporosis, and many other modern illnesses. Is the Paleo diet healthy or will I have to starve in order to lose weight? The Paleo diet focuses on weight loss and muscle tone through healthy eating and full-sized portions. Calorie counting, starvation, or unhealthy changes to your diet are not a part of the Paleo lifestyle. The Paleo diet avoids processed foods that can be difficult for the body digest and contain unhealthy chemicals and additives. The only diet that helps you to lose weight while enjoying full, healthy meals, the Paleo diet has been proven by the medical community to help treat and prevent many of our modern health maladies. Why postpone losing weight, feeling healthy and increasing energy one more day? • The 7-day step-by-step preparation plan puts you on a path to successfully make the transition to the Paleo lifestyle. • Set yourself up for success with the grocery shopping guide and a list of 117 Paleo-recommended foods (and a comprehensive list of what food items you should avoid). • 21 healthy recipes offer meal ideas for breakfast, lunch, dinner, dessert, and the snacks in between. • Grain-free alternatives to your favorite foods include Eggs Benedict Paleo Style, High-Protein Grain-Free Burgers, Chicken Avocado Wraps and Paleo Waffles. Paleo for Beginners offers everything you need to know to get started on the Paleo diet today.

Book Information

File Size: 11385 KB

Print Length: 69 pages

Simultaneous Device Usage: Unlimited

Publisher: Rockridge Press (December 8, 2013)

Publication Date: December 8, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B009GULWLG

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #9,371 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 inÂ Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Health, Fitness & Dieting #6 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo #8 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Paleo

Customer Reviews

As the title states, this is a great book for Paleo beginners! It's difficult to leave behind processed foods, grains, starches, and refined sugars and base your diet on lean meats, nuts, and plant fats, and Chatham's book shows he understands how hard it can be to make these changes. He starts with general information about the Paleo diet, but then focuses on preparing the reader's mind, body, and physical environment in order to follow through and make a successful shift into the Paleo diet lifestyle. He even provides a whole chapter that gives you a daily task to complete the week before starting the paleo diet, so that the transition will be as easy as possible. There are also a lot of practical tools included in the book. It includes an extensive list of acceptable Paleo foods, and the meal plans and recipes are very simple. There are hints on where to shop for high quality foods, what time of day to eat, how to avoid common pitfalls, and even quizzes for personalizing your approach to the diet. Chatham does not dismiss the difficulties you may encounter when you begin the diet, and I appreciate his realistic approach. He wants you to see that the initial challenges are well worth the gains, and help you truly adopt the Paleo lifestyle.

This is a great little introduction to the paleo diet. Tons of useful information for getting started. If you're just getting into the paleo lifestyle and you want a full rundown of what it's all about, this is the book for you. But this is not a cookbook with recipes and photos. I saw quite a few reviews complaining about that. If you're new to the paleo diet and you're looking for easy, non-intimidating

recipes to get you started, I recommend these books: Cave Wraps: 40 Fast & Easy Paleo Recipes for the Best Damn Wraps Ever Everyday Paleo Family Cookbook: Real Food for Real Life Switching to a not-terribly-strict paleo diet has changed my life. I have so much more energy and feel so clear-headed that it's really like a whole new world. If you're on the fence, I recommend getting this book along with the recipe books I mentioned and seeing for yourself the difference it makes in your life.

I've read many books on the Paleo diet and I feel that this is one of the best. It is short with all the information you need and it states it in a manner that is easy to understand. The meal guide is also helpful.

I have wanted to find a diet I was able to follow and that would work but the paleo diet was far too complicated until now. With John Chatham book I feel like I have a friend who is there for me at every turn. I am now eating like I was designed to eat. I have after a few days started losing weight but I do not have that sluggish feeling I have had in the past on new diets. You are encouraged to eat often from a variety of tasty food. I have yet to feel really hungry. The author takes the time to help you understand what the paleo diet is and how it works. He then takes you to the market and helps you buy what you need. My friends on this diet spend a lot of money for wild meats and expensive ingredients but John gives you alternatives and my food budget has not changed. He also explained why you can buy this instead of that so you know how to shop wisely. In the kitchen I learned to make the dishes both tasty and beautiful with a variety of meal plans so you never get bored. After seeing what I am doing my family and friends are wanting to know more. Even friends who are on the paleo diet. I just show them the book. I am healthy and having fun with this. I highly recommend this if your human.

What really drew me to this book was how literally down to earth it is. Chatham sets up a really simple plan to follow that has its roots in how the early cavemen ate. By keeping to a simple diet consisting of lean meats, healthy fats, nuts, fruit, and vegetables, you'll feel and look healthier, and shed some serious pounds. This diet isn't unrealistic or complicated, and requires no exotic ingredients or crazy exercise routines. While this is more of a life-style change than a crash diet, it will eventually eliminate your cravings for all the bad food that causes so many health problems. As a person with a gluten allergy, I especially liked how it was naturally gluten free. I also enjoyed Chapter 5, which included sample meal plans and recipes (including recipes for entertaining

non-Paleo friends) and Chapter 4, which talks about preparing mentally for the diet. I felt it was truly motivational. I can't wait to start looking and feeling better by eating like a modern day cave-dweller!

Luckily I came across this not entirely new to Paleo or to nutrition because the book is lacking real substance. Paleo, is not a simple, do as I say diet, there is actual science behind why certain foods are good and bad. Get a book that delves deeper into this and start yourself off on solid footing so you understand why this lifestyle works! The Paleo Solution by Robb Wolf is fairly solid and Gary Taubes Why We Get Fat will also help you understand a bit of the science behind paleo (though his is not truly a "paleo diet" book.) If you are really looking for a simple "starters" guide I think "Practical Paleo" is a much better option.

[Download to continue reading...](#)

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners Paleo Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet

for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Paleo for Beginners: Essentials to Get Started with the Paleo Diet Paleo Ketogenic Vegan Smart Moves: Avoid Dieting Mistakes (Paleo Ketogenic Vegan Diet, Paleo Ketogenic Vegan for Beginners, Diabetes Diet, Anti-inflammatory ... - Diet and Nutrition - PALEO Book 7) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Ketogenic Diet: Ketogenic Catastrophe: Avoid the Ketogenic Diet Mistakes (ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss)

[Dmca](#)