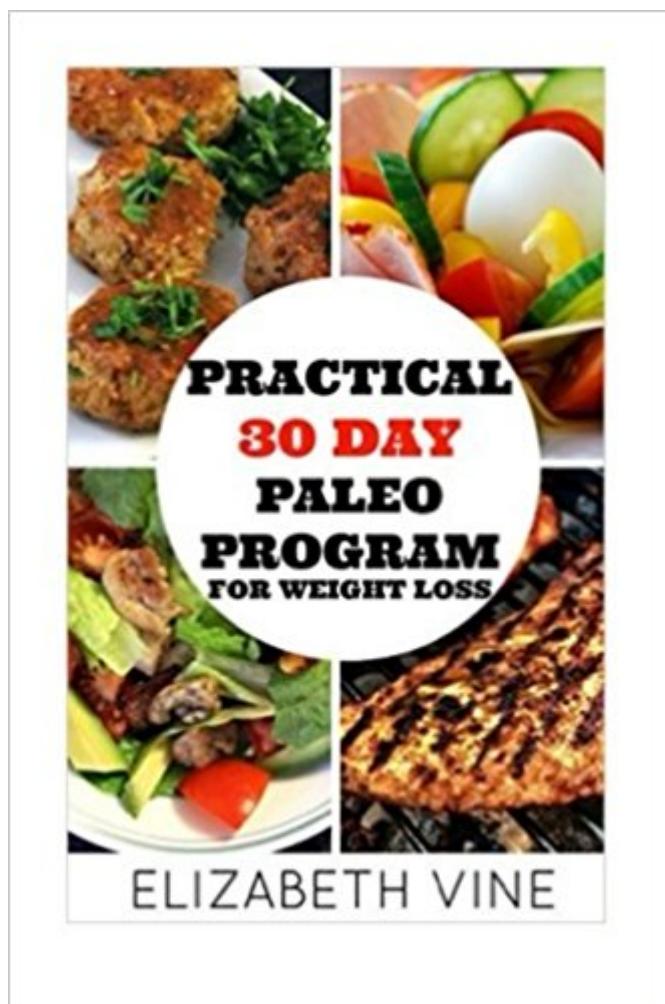


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# Practical 30 Day Paleo Program For Weight Loss: A Beginner's Guide To Healthy Recipes For Weight Loss And Optimal Health



## **Synopsis**

#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!

## **Book Information**

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## **Customer Reviews**

The recipes are great but it is not in the common cookbook format. I tried the first week of meals and found some of the meals huge and some did not list the correct measurements. One

recipe called for 7oz of ground turkey and 14oz of tomato puree with some spices and veggies, you are supposed to make patties with this recipe-it made a soup like consistency. Also, the pumpkin muffin recipe is amazing but says that it makes 2-3 servings which means that I can have 6 muffins? I do like 99% of the recipes but it seems that this book needs to go back to the editing department for clarifications on many of the recipes.

I have been cooking from this book for a week now. My husband and I wanted to try paleo and we wanted a "no brainer" approach as we are both super busy with work and kids and didn't want to have to pull recipes, make shopping lists, etc. This book seemed like the perfect answer. And really it has been. We have learned some really great options that we had never heard of, such as coconut aminos as a substitute for soy sauce (which are super yummy btw). The recipe for alfredo sauce was absolutely delicious as well. I have attached a pic of the beef and broccoli we made last night, it was amazing! The only cons are first, the grocery list isn't spot on. For example, this week the grocery list called for one package no-nitrate bacon; however, using the quantities called for in recipes earlier this week I ran out and had to make a trip back to the store for some more to finish out the week's recipes. No biggie, just run through the recipes for the week and check quantities before going for your weekly grocery run. The only other con, and this one drives me a bit nuts and the reason I demoted one star, is the cooking times are totally off. This morning I made the coconut blueberry pancakes. The book said let them cook until they start to bubble then flip, approx. 2 minutes. Well in reality it was more like 10-12 before they were cooked enough to flip. So just a heads up on that, just use your own judgement when cooking from the book. All in all we are enjoying the food and are starting to feel better and have more energy. Good luck to you on your paleo journey!

Overall the recipes were good but the editing of the book could be better. For example, I bought an expensive bottle of avocado oil and all ingredients to make the chicken alfredo & bacon recipe. No where in the directions did it say where or when to use it! Frustrating. I made the enchiladas tonight and in the ingredients list it called for baking powder but in the directions it says baking soda. Which is it? Okay enough said, needs to be edited more closely to sell to the public.

If you have a busy life style this book is not for you. Almost all the recipes have a long list of ingredients. I was hoping for something with good tasting easy to fix meals. This book did not deliver, I didn't even try one recipe and plan to return it.

I purchased this book to use along with, The Bone Broth Diet book. It seems easy enough to follow and should work well with the recipes in the other book.

My only complaint with this book is that there aren't any pictures with the recipes. The shopping lists and directions are super easy to follow, which is helpful, but I'm not the most confident of cooks so I've found myself wondering if something I've made actually turned out right. lol That said, I love that the lack of pictures made this book more affordable, as it's smaller and easier to manage.

I bought these books together and I LOVE them!!!! They make it so easy-grocery lists are just fabulous :) I have to for health reason need to eat better and these books make that transition so much easier.

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