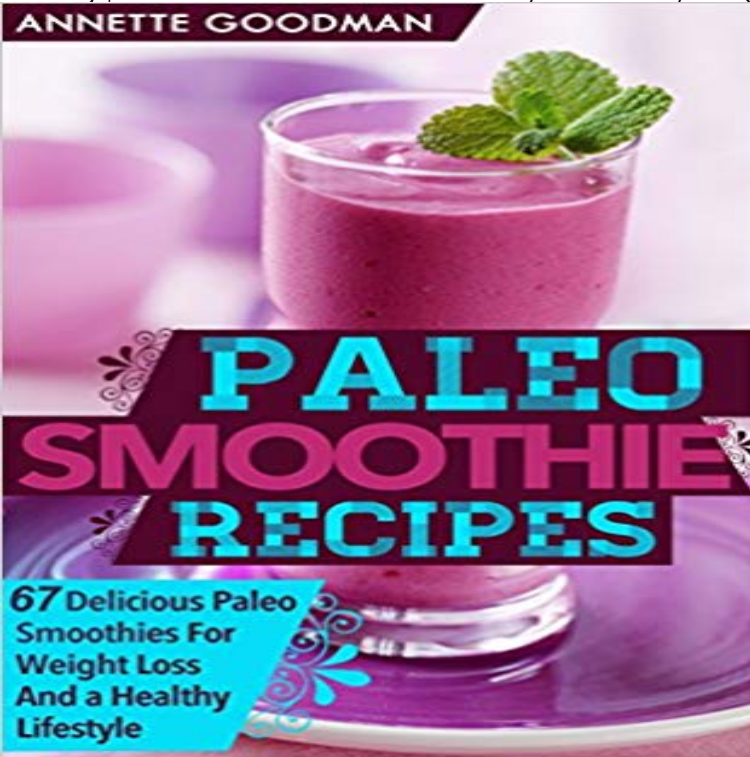


Paleo: Smoothies: 67 Delicious Gluten Free Smoothie Recipes For Weight Loss And a Healthy Lifestyle (Weight Loss Plan Series Book 1)



67 Easy and Fast Delicious Smoothie Recipes for Effective Weight Loss and Sexy Body! -Do you have problems keeping your weight-loss goals? -Do you struggle with the ever-annoying sugar-cravings that keep you from losing the pounds you want to finally lose? -Do you find it difficult to eat healthy and regularly, because everything goes so fast these days? Well, congratulations, youve just found the answer! Kill the food cravings and get in shape with these delicious and healthy Paleo Smoothies!

My name is Annette, nice to meet you! I tried everything over the years! All of my life I struggled with weight loss and maintenance. I would lose weight, but only for a short time. I would always end up gaining it back, sometimes I would end up gaining more weight than before I had started. As soon as I heard about the Paleolithic Diet I had to try it. Why? I was so tired of all those unnatural diets I went trough with zero effect (not to mention about the side-effects!). I just wanted my body to function optimally while losing weight. Our ancient ancestors had it right. It actually works! In This Book Ill Show You: -Why Paleo Smoothies are great for Weight Loss (and Weight Maintenance!) -67 Tasty Paleo Recipes great for Weight Loss, Detox, and keeping your body Healthy every day! -How to make the Paleo approach easier! -Important facts about some of the ingredients youd like to know. -Planning and Preparation how to get started fast! -How to maintain your motivation, finally lose the extra pounds and be happy with a Sexy Body! Table of Contents: Introduction Why Paleo? Chapter 1: What Is Paleo Diet? Chapter 2: Getting Started Chapter 3: 67 Delicious and Healthy Smoothie Recipes Chapter4: Paleo Diet During Your Weight-Loss Program How to Stay Motivated Conclusion You do not need a Kindle to read this e-book. Available for immediate

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