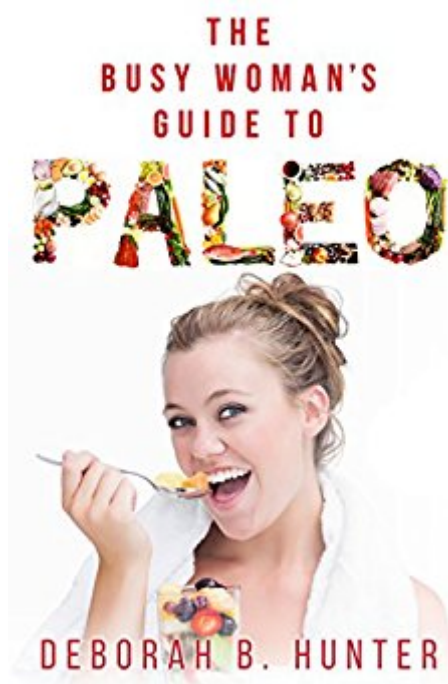




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The Busy Woman's Guide To Paleo



Synopsis

This guidebook is going to show you how easy it can be to lose weight and follow the Paleo diet guidelines even when you are busy. Meals don't have to be difficult to make in order to be delicious and healthy. You'll enjoy all of the great tastes while still losing weight and saving time. Get started with this guidebook to learn time-saving tricks and enjoy some of the delicious recipes that will make it easier to eat cave-girl style on the fly.

Book Information

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Customer Reviews

I enjoyed the beginning of the book and learning why certain foods were not considered paleo and why it is recommended to avoid eating them. Once the book got into "helpful tips" for time-saving, I felt a much more appropriate title would have been "the average person's common sense guide to paleo." My husband and I have been on the paleo diet for 3 weeks and both agree that this diet takes a lot of getting used to, trial and error, and lessons learned. I was intrigued in the beginning of how the book would walk you through how to fit the paleo diet into even the busiest woman's life. After finishing the book, I felt that the tips that were offered in this book were things that anyone

needs to do in order to be successful on the diet. The book seemed to suggest "novel ideas" for time saving like: meal planning, cooking extra food and eating leftovers, preparing food ahead of time, and freezing portions to cook at a later date. I think anyone who does any research on their own about following the paleo diet comes to these conclusions without needing to read the book. One last note, I felt that the recipes and sample meal plans seemed boring, bland, and uninventive.

Very easy to read book. Should be read by anyone wanting to eat healthy and eliminate the carbs from their lifestyle.

Great Recipes

An informative read

I love the way the book flowed allowing a newbie to get the terms and lingo of paleo. The title says for busy women but I see it being a good read for all men & women. The chapters were short and simple to the point. I need a new book to JumpStart me back into paleo living. I have been in a rut with new ideas for my meals. I am a busy mommy and was intrigued to try out this suggestion in book.

I am so excited to read this book and start to use it! I am going to read this on my upcoming trip to Vegas! I leave in a few days! I need to start to eat Paleo due to health concerns and just want to feel better! I hope to give a more updated review after I read the whole book! I did receive this book a Kindle version at a discount in exchange for my honest review!

If you're wanting to learn to make a healthy life style change this is the book! Everyone always says they are too busy to make a lifestyle change, and also it doesn't happen over night, it takes commitment and this is a great start. I received this book at a discounted rate in exchange for a review.

The book does a good job of laying out the paleo way of life. It gives some good suggestions of menus. The recipes are not what I would like but others may. I found a few good recipes. The book also gives some really good tips which would help time wise in preparing for the next day.

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