



## The Ultimate Paleo Shopping Guide: All You Need for a Paleo Lifestyle

By Dana Cruze

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Why Is This Book The Ultimate Paleo Book? Paleo, or the lifestyle of the caveman, as it is better known, is a simpler and healthier way of eating. In this particular lifestyle, you should only consume the foods that were available at the time of our ancestors, the caveman. Hence, you cannot eat any item of food that was not available to them. Further on in the book, we will not only discuss what Paleo is, but also the benefits you can gain by following this lifestyle. The sole purpose of this book is to share with you, the wide variety of foods you can eat on Paleo and of course the grey areas of Paleo as well. Thus in this book you will find: Discussion on Paleo Benefits of Paleo Foods allowed on Paleo Shopping list of Paleo foods Read on to find out more.



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