



# **Paleo For Beginners: A 14-Day Paleo Diet Plan For A Simple Start To The Paleo Diet (Paleo, Paleo diet, Paleo for beginners, Paleo cookbook, Paleo recipes, ... cooker, Paleo breakfast, Paleo lunch, Diet)**

*Marc Morris, David Winters, Susan Sanders*

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**Are You Ready For Paleo?**

**Paleo Has Taken The World By Storm & And Changed Millions Of Lives Simply By Eating The Foods Our Bodies Were Designed To Eat.**

*It has been proven that if you are new to the Paleo Diet, the best way to get started and stay on track is to start with a Paleo Diet Plan. That is where this 14-Day Paleo Diet comes into play. We designed the meals so that they are simple to make, healthy, and delicious.*

**Here Is a Sample of What's Inside:**

## **Saturday**

Breakfast: Scrambled eggs and sausage

Snack: Kale smoothie

Exercise: 20 minutes low intensity aerobics

Lunch: Ahi tuna salad

Snack: Pear or apple

Dinner: Sweet chilli tilapia

## **Wednesday**

Breakfast: Fruit salad and mixed nuts

Snack: Paleo (gluten free) Chicken fingers

Exercise: 15 minute slow paced walk

Lunch: Bacon and egg cups

Snack: Green tea sweetened with raw honey

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**Lien Fugate:**

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