



The Paleo Diet: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat

Loren Cordain

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Eat for better health and weight loss the Paleo way with this revised edition of the bestselling guide-over 100,000 copies sold to date!

Healthy, delicious, and simple, the Paleo Diet is the diet we were designed to eat. If you want to lose weight-up to 75 pounds in six months-or if you want to attain optimal health, *The Paleo Diet* will work wonders. Dr. Loren Cordain demonstrates how, by eating your fill of satisfying and delicious lean meats and fish, fresh fruits, snacks, and non-starchy vegetables, you can lose weight and prevent and treat heart disease, cancer, osteoporosis, metabolic syndrome, and many other illnesses.

- Breakthrough nutrition program based on eating the foods we were genetically designed to eat-lean meats and fish and other foods that made up the diet of our Paleolithic ancestors
- This revised edition features new weight-loss material and recipes plus the latest information drawn from breaking Paleolithic research
- Six weeks of Paleo meal plans to jumpstart a healthy and enjoyable new way of eating as well as dozens of recipes
- This bestselling guide written by the world's leading expert on Paleolithic eating has been adopted as a bible of the CrossFit movement

The Paleo Diet is the only diet proven by nature to fight disease, provide maximum energy, and keep you naturally thin, strong, and active-while enjoying every satisfying and delicious bite.

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Lisa Sullivan:

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