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Living Paleo For Dummies Melissa Joulwan,Kellyann Petrucci,2012-11-30 A fun and practical guide for adopting Paleo diet principles into your daily life The human body survived for more than 2 million years with the food found in nature game meat fish vegetables wild fruits eggs and nuts Humans were thriving on this diet high in animal fat and proteins and low in carbohydrates but things changed when we introduced unnatural and processed foods to our bodies The Paleo movement is one of today s hottest diet and healthy eating approaches Its appeal comes from the fact that it is a sustainable alternative to more restrictive diets that often lead to burnout and failed weight loss efforts The Paleo diet is about using natural foods to achieve great health and a perfect physique Living Paleo For Dummies shows you how to adopt the Paleo lifestyle and improve your health and longevity Offering more than 40 recipes for every meal of the day and providing tips for getting around common roadblocks such as eating out this essential guide to adopting a primal diet also provides the latest cutting edge research from genetics biochemistry and anthropology to help you look feel and perform your best The details of eating the foods that our bodies were designed to eat A complete introductory plan to kick start the Paleo journey Tricks to save on the food bill while adhering to a primal meal plan Living Paleo For Dummies is for

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- Chapter 1: Introduction to Nutrition For Dummies 4ed
- Chapter 2: Essential Elements of Nutrition For Dummies 4ed
- Chapter 3: Nutrition For Dummies 4ed in Everyday Life
- Chapter 4: Nutrition For Dummies 4ed in Specific Contexts
- Chapter 5: Conclusion

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3. In chapter 2, this book will delve into the foundational concepts of Nutrition For Dummies 4ed. The second chapter will elucidate the essential principles that must be understood to grasp Nutrition For Dummies 4ed in its entirety.
4. In chapter 3, this book will examine the practical applications of Nutrition For Dummies 4ed in daily life. This chapter will showcase real-world examples of how Nutrition For Dummies 4ed can be effectively utilized in everyday scenarios.
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6. In chapter 5, this book will draw a conclusion about Nutrition For Dummies 4ed. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Nutrition For Dummies 4ed.

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