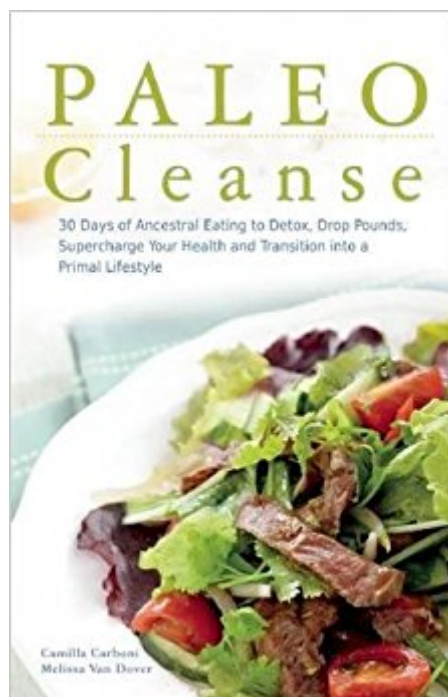




The book was found

Paleo Cleanse: 30 Days Of Ancestral Eating To Detox, Drop Pounds, Supercharge Your Health And Transition Into A Primal Lifestyle



Synopsis

TRANSFORMS THE PROVEN APPROACH OF THE MEGA-POPULAR PALEO DIET INTO A
HARDCORE, MONTH-LONG DETOX Transform your body and improve your health with this
hardcore cleanse based on the caveman diet. Follow the 30-day plan to rid your body of toxins
without feeling deprived as you: Lose Weight Increase Energy Boost
Mental Clarity Improve Digestion Reduce Inflammation Packed with more than 100
delicious and easy recipes using whole, satisfying ingredients like meats, eggs and fresh
vegetables, the Paleo Cleanse has everything you need to reap the benefits of the Paleo Diet
in the fastest, most effective way.

Book Information

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Food & Wine > Special Diet > High Protein #139 in Books > Health, Fitness & Dieting > Diets
& Weight Loss > Paleo #220 in Books > Health, Fitness & Dieting > Diets & Weight Loss >
Detoxes & Cleanses

Customer Reviews

CAMILLA CARBONI is the co-founder of ThePaleoPact.com and co-author of Quick & Fantastic
Paleo Cookies. Camilla applies her global marketing portfolio and Master's in media
reception psychology to promote the philosophy of health from the inside out. Camilla is a South
African expat, minimalist runner and contributor to various lifestyle-centric publications. Learn more
at CamillaCarboni.com. MELISSA VAN DOVER is the co-founder of ThePaleoPact.com and
co-author of Quick & Fantastic Paleo Cookies. Melissa utilizes her marketing background and MBA
to promote the importance of maintaining a healthy lifestyle through eating well and regular
exercise. Learn more at MelissaVanDover.com.

I have had amazing results after 3 weeks and still going. Down 10lbs, 18+inches and 2% body fat!! I haven't been able to lose any weight since the birth of my second child. I have a lot more energy. The book lays out the plan for 4 weeks and it is very easy to follow. I was able to cut out things that I love- sugar, carbs and cheese! I can't wait to see what my final results are.

I've never tried any formal diet or cleanse before so was a little skeptical. This book made it so easy to follow and provides motivation to complete a cleanse. It provides you a month's worth of meals and gradually builds you up to understanding Paleo. There are numerous recipes along with tips to get you through the 30 day cleanse. I enjoyed the cleanse and the recipes were very great. They are easy to modify as well to fit your taste.

Has some really good clean eating recipes and helpful plan on how to stick to a paleo diet, or take the first steps in adapting to one. This isn't quite a cook book, more like a how to. I would have liked a bit more research and evidence based/ peer reviewed articles, but this was a bit more generic in statements. Still, helpful and well written.

great book

This book gives you a really good insight on Paleo so far I have lost 7 pounds doing and my blood sugar's have been so much better than they ever been. So glad for my New life style change .

We definitely like the way this book is written. The authors are very "real" and did a great job helping novices like us understand Paleo and to get started on a good cleanse program.

Very easy to read and it walks you through the 30 day cleanse step by step. The recipes look delicious, I can't wait to try them all!

Fascinating!! An easy read and a quick read. I particularly appreciate that this guide is inspiring as well as, practical.

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Cooker, Paleo For Beginner, Paleo Recipes) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo For Beginners: Paleo Diet & The Complete Guide To Paleo & Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Sugar Detox: Beat Sugar Cravings Naturally in 30 Days! Lose Up to 15 Pounds in 14 Days, Increase Energy, Boost Metabolism! (Sugar Free Diet, Sugar Detox ... 30 Day Detox, Weight Loss and More Energy) Paleo: Ultimate New Paleo Detox: Over 100 Recipes (Bonus 21 Day Post Detox Meal Plan): Ketogenic Diet, Intermittent Fasting, Lose Belly Fat. Vegan Diet, ... Clean Eating, (Perfect Paleo Solutions) Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo For Beginners: Paleo Diet & The Complete Guide To Paleo & Paleo Cookbook, Paleo Recipes, Paleo Weight Loss Paleo Instant Pot Cookbook: Amazing Paleo Instant Pot Recipes for Whole Family (Paleo Instant Pot Recipes Cookbook, Paleo Diet Guide Cookbook, Paleo Diet

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