

UPDATED & EXPANDED SECOND EDITION
OF THE RUNAWAY New York Times BESTSELLER

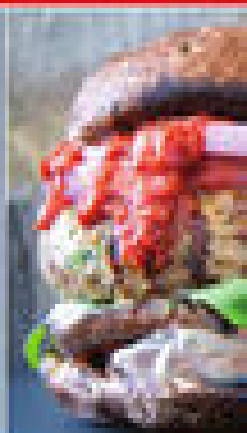
PRACTICAL PALEO

a customized approach to health and a whole-foods lifestyle



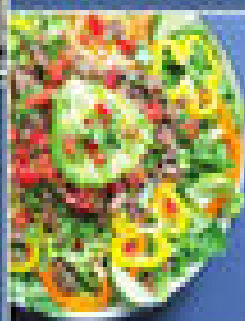
30-DAY MEAL PLANS

Designed to support
digestive health,
improve insulin
sensitivity, regulate
blood sugar,
control cholesterol,
boost energy,
and improve sleep,
these meal plans
are the perfect
starting point for
achieving optimal health
& overall well-being.



QUICK GUIDES

to create fresh &
healthy dinners,
breakfasts, snacks,
healthy eating on
the go, and
more.



OVER 150 EASY RECIPES

all free of gluten, grains,
legumes, dairy &
refined sugar.

Diane Sanfilippo, BS, NC

Food photography by Bill Boney & David Sanfilippo | Illustration by Heidi Wolf

Introduction

?With extra than half of one million copies sold, the first edition of Practical Paleo revolutionized the manner we reflect on consideration on meals and our bodies. Dubbed The Paleo Bible by readers, it defined how certainly ingesting actual, complete ingredients and avoiding processed, refined ingredients can enhance our fitness--which includes reducing or maybe disposing of signs and symptoms related to commonplace fitness problems.

Now, this 2nd edition has been updated to consist of new data, answer not unusual questions, and make it even less complicated with a purpose to customise your weight-reduction plan to fulfill your non-public fitness desires.

Whats new?

TWO ENTIRELY NEW CHAPTERS

-- Getting Started with Paleo indicates you grade by grade a way to switch to the Paleo way of ingesting, whether you need to head all-in unexpectedly or transition regularly over time. This bankruptcy also includes a a more comprehensive explanati

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