



The Paleo Vegetarian Diet: A Guide For Weight Loss And Healthy Living

Dena Harris

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THE FIRST GUIDE TO OPEN UP THE WILDLY POPULAR PALEO DIET TO VEGETARIANS IS HERE!

Being vegetarian doesn't mean you can't go Paleo. With this comprehensive guide it's easy to transition to a primal diet without feeling deprived. Shed pounds, gain energy and improve your health with a rich base of fruits, vegetables, nuts, eggs and more. *The Paleo Vegetarian Diet* offers:

- **Tips to lose weight and feel great**
- **50 delicious recipes**
- **Meal plans and shopping lists**
- **Tricks for eating out**
- **Advice on getting the right mindset**
- **Pointers for cheat day success**

This book will guide you onto the path to a healthy and fit lifestyle. Why should meat eaters have all the fun?

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