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Paleo Diet for Weight Loss - Health Learning Series

By M Usman, Managing Director John Davidson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Paleo Diet For Weight Loss Should you be on a Paleo Diet? Find out what the research shows. Table of Contents Paleo Diet - An Introduction Question # 1: What is Paleo Diet ? Question # 2: What can I eat ? Question # 3: What good will it do to me ? Question # 4: Will Paleo Diet have any negative impact on my health ? Question # 5: Do you have any evidence for your claims ? SECTION I - Paleo Diet Weight Loss Chapter # 1: Overview Chapter # 2: Under the hood Chapter # 3: Paleo Diet, What and What not Chapter # 4: Is that it ? SECTION II - Paleo Diet vs Other Popular Diets Chapter # 1: The World of Diets Chapter # 2: Weight Watchers Diet Chapter # 3: Biggest Loser Diet Chapter # 4: Jenny Craig Diet Chapter # 5: Raw Food Diet Chapter # 6: Diet Comparison Chart SECTION III - Paleo Diet Menus Chapter # 1: Breakfast Chapter # 2: Lunch Chapter # 3:...



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