



# **Paleo Cookbook Box Set: 90 Best Paleo Recipes to Lose Weight and Feel Energized**

*Jasmine King*

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## **Paleo Cookbook Box Set (3 in 1)**

### **Book 1: Paleo Diet: 25 Best Paleo Diet Recipes to Lose Weight and Feel Energized**

If you want to lose weight, have more energy and feel amazing, then the Paleo diet is for you!

The Paleo diet is inspired by the diet of our ancestors during the caveman era. Fueled by scientific research, the diet is all about eating whole, healthy foods and staying away from processed foods. It takes you back to the days of our primitive ancestors who did not have to worry about diseases such as diabetes or obesity. That's because they ate whatever they found; foods that were naturally abundant.

**This book will make it easy for you to adopt the Paleo diet. You will learn:**

- **The foods to eat and the foods to avoid on the Paleo diet**
- **How to transition to the Paleo plan**
- **25 Best Paleo recipes for breakfast, lunch, snack, dinner and dessert**

These recipes are quick, easy, and absolutely delicious.

### **Book 2: Paleo Slow Cooker Cookbook: 25 Easy and Delicious Paleo Recipes for Your Slow Cooker**

If you want to enjoy healthy meals, lose weight but don't have enough time to cook, Paleo Slow Cooker Cookbook is the best book for you!

**By reading this book you will learn:**

- **Tips to enjoy the remarkable health benefits of the Paleo diet along with the convenience of a slow cooker**
- **25 Best Paleo slow cooker recipes for breakfast, lunch, and dinner**

These easy and delicious recipes will be made in a slow cooker while you go to work or take care of other important business. These Paleo meals will give your body the energy and nutrients it needs to live a healthy and productive life.

### **Book 3: Paleo Smoothies: 40 Best Paleo Smoothie Recipes to Lose Weight and Feel Energized**

Paleo smoothies are a fast and easy way to add fresh vegetables and fruits to your diet. The large quantities of fiber, nutrients and water in these smoothies help the body clear out toxins and curb appetite.

**The Paleo smoothie recipes in this book will make it easy for you to enjoy the Paleo diet. It doesn't matter if you're a beginner or an experienced drinker of smoothies, this book offers a great selection of new ideas that you'll want to try.**

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