



Paleo Made Easy: Getting Your Family Started with the Optimal Healthy Lifestyle

Sylvie McCracken

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Not sure how to get started with paleo? Need help transitioning the family? You need Paleo Made Easy!

Includes food guides, lifestyle tips and paleo recipes.

Now you can get answers to practically any Paleo question you have in seconds:

- “Why adopt a Paleo Lifestyle?” you ask when you hear about a tempting new way to lose weight and gain health.
- “What foods should I buy and what should I avoid?” you ask when you’re confused about what to shop for.
- “What are some quick and easy meals, recipes and snacks I can make?” you ask when you are pressed for time and money.
- “How do I transition over a reluctant spouse and kids?” you ask when the idea to go Paleo isn’t immediately embraced.

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