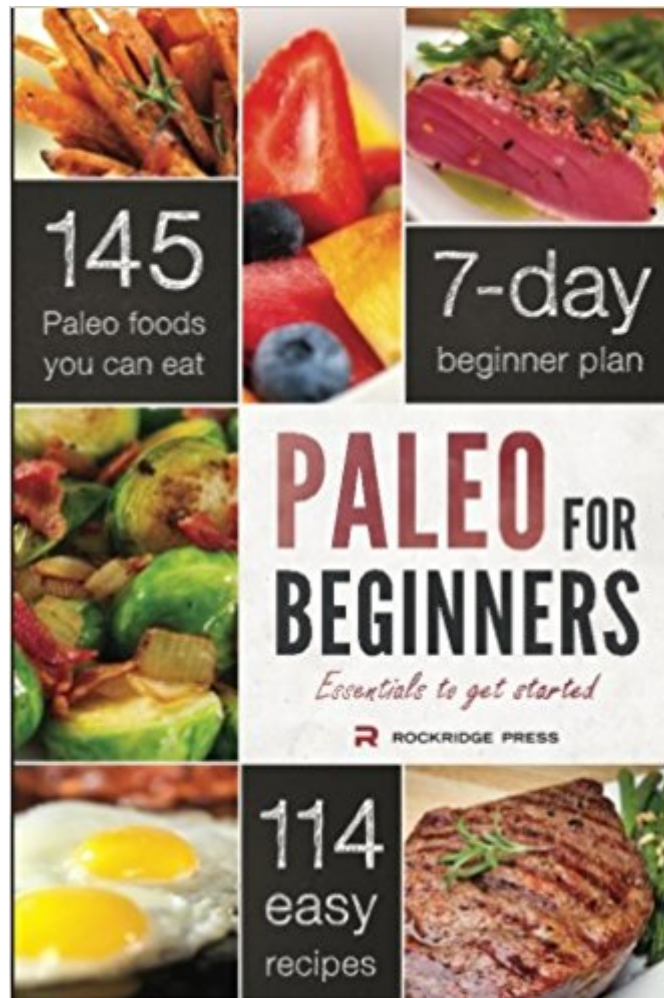




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# Paleo For Beginners: Essentials To Get Started



## Synopsis

Discover why more people continue to choose *Paleo for Beginners*—the New York Times bestselling Paleo cookbook that has sold over 150,000 copies sold—more than any other Paleo cookbook. Paleo is not just another fad diet; it is the diet humans were designed to eat. But getting started on any new diet can be challenging—even one as primal as Paleo. *Paleo for Beginners* is your one-stop Paleo cookbook for feeling healthy, losing weight, and increasing your energy level. By focusing on low-carb, high-protein meals that remove all processed foods, this Paleo cookbook will help decrease your odds of developing common health ailments such as diabetes, hypertension, heart disease, and more. Straightforward yet comprehensive, this Paleo cookbook offers:

- A 7-day step-by-step plan for beginners, complete with a Paleo shopping guide
- 145 Paleo-friendly foods that you can enjoy—and an extensive list of what food items you should avoid
- 114 easy, mouthwatering recipes for every meal, such as Eggs Benedict Paleo Style, High-Protein Grain-Free Burgers, Chicken Avocado Wraps, and Paleo Waffles

“This is a good Paleo cookbook for beginners like myself. It gave me a way to start paleo and a meal plan to follow the first two weeks. After reading this book, I know that this is the diet that I can follow and not feel like I’m missing out.”—Sabrina R., Verified Purchase

## Book Information

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## Customer Reviews

"I didn't have that much trouble sticking to the diet... I didn't feel hungry all the time, my energy was up."—Family Circle Magazine

"What really drew me to this book was how literally down to earth it is. Chatham sets up a really simple plan to follow that has its roots in how the early cavemen

ate ... This diet isn't unrealistic or complicated, and requires no exotic ingredients or crazy exercise routines. While this is more of a life-style change than a crash diet, it will eventually eliminate your cravings for all the bad food that causes so many health problems."- evolution-diet.com"What makes this entry unique is the author's manner of "prepping" the reader with helpful tips and advice to ensure a successful transition into a Paleo lifestyle!"- Â Â Paleo Pops"Here is a great and simple book to get you started on Paleo eating. It is easy with straight forward advice and it is full of practical tips and almost 100 recipes. It has a seven day step-by-step program and a shopping guide to get you started."- Dr. Scott Olson, ND

I followed the food lists. 2015 August to December - 30 pounds went away - along with arthritis. Also helped psoriasis. Paleo diet reduces inflammation - and weight. 2016 looking at December again. Weight loss stable - arthritis much better.

This is a great little introduction to the paleo diet. Tons of useful information for getting started. If you're just getting into the paleo lifestyle and you want a full rundown of what it's all about, this is the book for you. But this is not a cookbook with recipes and photos. I saw quite a few reviews complaining about that. If you're new to the paleo diet and you're looking for easy, non-intimidating recipes to get you started, I recommend these books: Cave Wraps: 40 Fast & Easy Paleo Recipes for the Best Damn Wraps Ever Everyday Paleo Family Cookbook: Real Food for Real Life Switching to a not-terribly-strict paleo diet has changed my life. I have so much more energy and feel so clear-headed that it's really like a whole new world. If you're on the fence, I recommend getting this book along with the recipe books I mentioned and seeing for yourself the difference it makes in your life.

As the title states, this is a great book for Paleo beginners! It's difficult to leave behind processed foods, grains, starches, and refined sugars and base your diet on lean meats, nuts, and plant fats, and Chatham's book shows he understands how hard it can be to make these changes. He starts with general information about the Paleo diet, but then focuses on preparing the reader's mind, body, and physical environment in order to follow through and make a successful shift into the Paleo diet lifestyle. He even provides a whole chapter that gives you a daily task to complete the week before starting the paleo diet, so that the transition will be as easy as possible. There are also a lot of practical tools included in the book. It includes an extensive list of acceptable Paleo foods, and the meal plans and recipes are very simple. There are hints on where to shop for high quality foods,

what time of day to eat, how to avoid common pitfalls, and even quizzes for personalizing your approach to the diet. Chatham does not dismiss the difficulties you may encounter when you begin the diet, and I appreciate his realistic approach. He wants you to see that the initial challenges are well worth the gains, and help you truly adopt the Paleo lifestyle.

I JUST got this book today so I haven't had time to go thru it all. BUT I read some reviews after I purchased and was doubting I'd like it cause I thought it would have recipes and read it didn't. Well it does. I have NO idea if I will enjoy them. But I am beyond pleased to see that there are some in here. I will go thru the book in the next few days and probably give it 5 stars. I'm so happy to have found this. My new food Bible!!

Modern life has its attractions, but the Paleo diet underscores the wisdom of our club-wielding, cave-dwelling relatives of yore. The concept revolves around sticking to classic foods we're \*meant\* to eat while avoiding processed, modern fillers and substitutes. Also, it simultaneously solves multiple dietary dilemmas: don't hassle about moderating sugar, dairy and grain, because it's all off the menu. While challenging for sure, eating delicious meats and fish `en masse' will help take care of those pesky carb cravings. Plus, if you're anything like me, avoiding meat is an ideologically attractive concept that I can't quite seem to follow through on because, frankly, I love it too much. Here, you don't have to hassle about giving it up. Chatham has a knack for taking complicated concepts and dispensing with the fluff, distilling them to their necessary essence. His explanation of the Paleo concept and how/why it works is easy to digest, and understanding the mechanics of it can only help folks stick with the food plans, which sound yummy. Plus, there's also a supportive, psychological subtext to his explanations that will help you mentally prepare for what amounts to more of a permanent lifestyle change than just a plain old diet.

Easy to read and understand. Recipes are simple to prepare.

Not a whole lot of info here, I was able to go thru this book pretty quick with the thought that I didn't get a lot out of this book and thinking that I needed to read another book on the Paleo Diet. This book is like eating empty calories.

If you're like me and don't (didn't) know anything about the Paleo diet (or the prefix, which comes from the Greek word meaning 'ancient', 'prehistoric') John Chatham's Paleo for Beginners:

Essentials to Get Started, is a clear and concise guide to restoring your primal health. Chatham takes a course of less resistance, trying to outline a Paleo plan that won't derail your life with unreasonable demands and hard to find ingredients. After quickly going through the history of Paleo diets and pigeonholing his own plan, Chatham moves on to what you should and should not eat: processed foods, alcohol, grains, legumes and sugar are out. In their place he takes us back to caveman fare, which he says are bodies are deeply trained to thrive on. The sections contrasting his Paleo plan with traditional carb-based diets and other fad diets is especially convincing, and he has a knack for making the entire thing so appealing when dieting often means suffering. And a practical guide, including a quiz to help you tailor your diet to your lifestyle and quick and easy recipes, lays the groundwork to get started.

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