



100 Best PALEO Soup, Smoothie & Juice Recipes

Beran Parry

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One of the best ways to supercharge your plans for a healthier lifestyle has got to include the latest understanding in intelligent nutrition. The Paleo Diet Revolution has given people all over the world the chance to live a healthier life than ever before. Using the amazing medical research that has transformed the way we understand the human metabolism, we can now eat foods that support and enhance our health, burn fat naturally and boost our chances of avoiding disease and ill health. The answer is in our nutrition.

The Paleo Revolution respects our origins as a species and identifies the most natural way for us to fuel and maintain our bodies. So much of our modern diet is causing havoc and distress to our health that we need to address the catalogue of modern health problems that are closely linked to our lifestyle choices. Food choice is one of the major areas where we can change the pattern of our health and make ourselves, fitter, slimmer and healthier than we ever thought possible.

But the joy of the Paleo Diet goes way beyond its positive impact on our health; the food is absolutely delicious too! And to help busy people make the most of the Paleo lifestyle, this delightful book explains the benefits and background to the revolution in healthy eating and provides the speed and convenience of fuelling your body with juices, soups and smoothies. The book explores:

- The history and background of the Paleo Revolution
- The essential ingredients that make the diet so effective
- A massive selection of juices, soups and smoothies for every palate
- An imaginative blend of delicious ingredients to make every taste a healthy treat
- The fastest ways to get the best results
- The best combinations to burn fat and lose weight fast
- The powerful ingredients that rapidly detox and cleanse the body
- How to make the recipes fit in with a busy lifestyle
- Developing the Paleo Approach to cover every mealtime

The fact is that everyone can now enjoy these fast and super-convenient recipes to get the most out of the Paleo Revolution. It's the fast track to transforming your life and discovering a whole new world of wellbeing. Kids just love these incredibly healthy treats so they're the perfect snacks for families and busy people everywhere. If you want to be healthier in the most natural way possible, burn off the excess weight and get into the best shape of your life, this is the way forwards. And you get to enjoy mouthful along the way!

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