



## The Paleo Primer

By Keris Marsden, Matt Whitmore

Paperback. Book Condition: New. Not Signed; If you want to try living primally but are not sure where to begin, The Paleo Primer is the book you need to get started. Using clear guidance, straightforward explanations and delicious recipes, fitness experts Keris Marsden and Matt Whitmore will show you how to transform your body with simple changes to the food you eat. You'll learn how to: lose fat without losing muscle; get clear, glowing skin; balance your moods and boost concentration; and feel strong, fit and full of energy. Including over 100 paleo recipes, plus helpful shopping lists and nutrition tips, The Paleo Primer is the essential guide to a healthy and enjoyable primal lifestyle. book.



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### Reviews

*Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).*

-- **Doris Beier**

*This publication is indeed gripping and interesting. It is really exciting through reading period of time. I am just happy to inform you that this is the very best publication I actually have gone through during my individual existence and could be the finest pdf for ever.*

-- **Miss Lela VonRueden**