



**14-day Paleo Weight Loss Diet and Cookbook:
More than 100 Delicious Recipes to Help You Lose
Weight and Stay Healthy for Life (The Modern
Paleo Book 3)**

Scarlet Marsh

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Are you serious about getting the body and health of your dreams?

Do you want to lose weight and drastically improve your health and energy levels?

Then you've come to the right place. Registered Dietitian, Scarlet Marsh, has helped over 1,000 people lose over 2,500 pounds and achieve the body and health of their dreams. She is a busy mom of three and understands the demands of raising a family while taking care of your personal health.

Scarlet is rapidly becoming known as an expert in the Paleo diet providing practical ways to make this lifestyle easy, affordable and delicious.

Simply put, the Paleo diet is the diet that humans were intended to eat. 14-Day Paleo Weight Loss Diet Cookbook will make it easy to start your Paleo journey.

Low carb, high protein, and full of wholesome, natural foods, the Paleo diet has gained rapid popularity for those who truly savor good cooking, but no longer want to be weighed down by processed or unhealthy food. 14-Day Paleo Weight Loss Diet Cookbook simplifies the transition into the Paleo lifestyle.

Here are some of the health benefits of eating a Paleo Diet:

- **Reduced risk of cancer.**
- The fiber in this cleans the colon and keeps things on the move.
- **Purifies the blood.**
- Remove toxins from the digestive system
- **Gives digestive system a rest**
- Facilitates fat loss
- **Improves circulation**
- Promotes healthy, balanced intestinal flora
- **Strengthens the immune system**
- Promotes increased energy levels and decreased depression
- **Improves gall bladder, liver and kidney function**
- Clears lung, throat and sinus congestion

If you're wanting to lose weight, increase your energy levels and achieve the body of your dreams, then you will be amazed at the results this 14-Day Paleo Weight Loss Diet Cookbook will give you!

- **Each recipe is accompanied with a captivating, beautiful and colorful picture of the final recipe outcome.**

- The cookbook comes with a linked table of contents for easy navigation.

Scarlet gives you everything you need to get started with your Paleo Diet including these amazing bonuses:

- FAQ's about the Paleo Diet
- Results Chart
- 14-day Food Journal

Today Only, Get this 14-Day Paleo Weight Loss Diet Cookbook for just \$2.99. Click the "Buy" button and start making delicious Paleo recipes!

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Sandra Spier:

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Maria Casillas:

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David Beall:

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