



Paleo Meal Replacement Smoothies: Simple and Delicious Paleo Smoothie Recipes Ready in Seconds

Brian Hallman

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Paleo Smoothies – a Stone Age drink that is jam packed with goodness and nutrition!!

The Paleolithic diet, also popularly referred to as the caveman diet, Stone Age diet and hunter-gatherer diet. It is a modern nutritional diet designed to mimic the diet of wild plants and animals eaten by humans during the Paleolithic era.

This translates to more protein and meat, fewer carbohydrates and a diet rich in fiber. The Paleo diet chooses to eliminate dairy products, grains, legumes, processed oils, refined sugar, salt, and many of the popular drinks we consume like coffee & alcohol.

In this book we find ways to incorporate the benefits of the Paleo diet into our smoothie recipes.

Blending up a Paleo smoothie is a great way to get all of the benefits of nutrition in one high density healthy beverage. Paleo smoothies are inherently healthier than the kind you'll find being sold at smoothie places, or in stores, or that you've seen recipes for online.

So grab your blender and this book and lets make some delicious smoothies!

What You Will Discover Inside

- What is the Paleo Diet?
- How to incorporate Paleo Smoothies into your weight loss program
- Paleo Smoothie Recipes
- How to lose weight and keep it off the Paleo Way
- Modern Diets vs Paleo Diets
- The history of the Paleo Diet and how it got its name

Would You Like To Know More?

This book contains a delicious range of Paleo Smoothie Recipes that will help transform your diet and taste buds. The question is, will you choose to try these tasty and healthy alternatives or will you continue to reach for your processed, empty calorie drinks and foods?

If you are ready to try something new and delicious then scroll up and grab your copy of **Paleo Meal Replacement Smoothies**.

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Jose Gray:

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Thomas Rice:

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