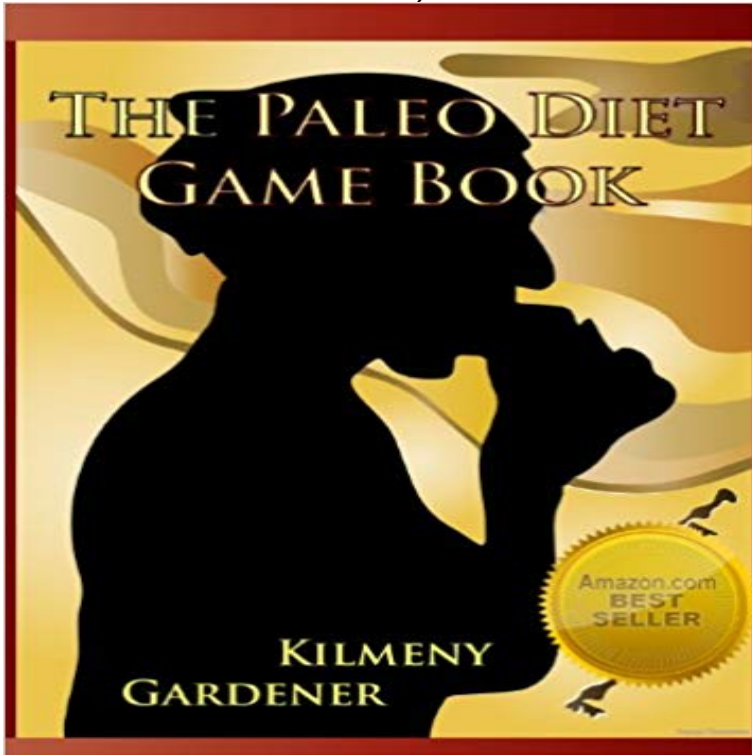


The Paleo Diet Game Book: So Easy Cavemen Can Do It (Busy Persons Game Books Book 1)



Have you ever gone throughout the day without hearing the word or talking about a diet? This idea has become a fundamental part of our lives - either going on a diet, staying on the diet, or quitting it. But before choosing a diet, the question you need to ask yourself is, So many diets, so little time. Which is beneficial and suited for me? With so many choices, it is important that you find a diet that is going to the way you live, your temperament, and a meal plan that will let you relax and enjoy life. The Paleo Diet may be just the perfect one for you! Not sure what the Paleo Diet is all about? No time to read an entire book? Take this short interactive quiz to learn the basic ins and outs of the Paleo lifestyle. This informative and fun interactive game is an introduction to the basics of the diet and will give you great background information in an enjoyable and creative way. Included: - Paleo Quiz Challenge - Information On The Paleo Diet - Grocery List - Sample Meal Plan Recipes Take the first step toward a healthy lifestyle with this great little book! What have you got to lose? Maybe the weight!

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