

Paleo Sixpack Six Week Challenge: Change Your Health & Body FOREVER!

Paleo Sixpack Six Week Challenge



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Do you want to shed weight and look younger, all while avoiding/beatng cancer, diabetes, heart disease and a host of other illnesses? The Paleo Sixpack Six Week Challenge incorporates the latest, cutting edge research to get you those 6-pack abs youve always dreamed as a result of healing your body and health by combining the winning formula of smart training and eating a Paleo diet. You will learn how simple nutrition, exercise and lifestyle changes can drastically change your physical appearance, health and well-being for the better. Over the last few decades, weve all been slammed by government agencies, food and fitness industries and the media about whats good for us, and completely forgotten what real food is - in turn leaving us desperately seeking foods which actually support and nourish our bodies. Achieving optimal health and a physique to be proud of without calorie-counting, diet foods/shakes, or feeling deprived has never been easier. Charlotte & Dane outline the proven steps it takes to completely change your health and body forever in 6 weeks or less in this straightforward plan where all the thinking has been done for you. The Paleo diet is the only diet known to fight disease, provide you with an abundance of energy, and keep you naturally lean and strong, whist always feeling satisfied - as its the only way of eating which has been etched into your genes. If youre someone who is tired of hitting the gym week after week, year after year, with little or no results for the time and sweat you have been putting into your weight training, let alone constantly feeling like youre on a boring and restrictive diet, then the Paleo Sixpack Six Week Challenge is exactly what you need. Inside you will find. A breakthrough 6 week meal plan based on eating the foods you were genetically designed to eat to kickstart a healthy and enjoyable way of eating, including: 6

weeks worth of delicious breakfast, lunch, dinner, and snack options 70 different recipes with 21 variations to inspire you and ignite your passion for cooking and creating - with the inclusion of simple meals for those with limited time A shopping list so all the hard work is done for you A meal template to make your planning a breeze 2 x training plans to fast track your results and ensure you never hit a plateau, plus detailed explanations of the exercises and tips of how to maximise your success And a FAQs guide to answer all the questions you may have about eating Paleo and getting your 6-pack. Mainstream ideas about what keeps you fit and healthy are simply not working, otherwise everyone would have stopped looking for the answer years ago and no one would suffer from a myriad of health related diseases including obesity, diabetes, and the rest. But you need not worry and look any further. Apply the Paleo Sixpack Six Week Challenge and you'll be wondering why we ever stopped eating like our Paleolithic ancestors in the first place.

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