

## A Paleo Recipe Book Review: Is this for you too? What I Found Out about the Paleo Recipe Book: A Review

I wasn't going to buy another cook book, especially one based on a *diet*. Blah, I'm so sick of thinking way too much about the way I eat and what's made me gain weight. Dieting for me is like washing the dishes or doing laundry—one of those repetitive tasks that never seem to get done or go away. But I was curious about the **Paleo Recipe Book** after one of my friends told me how much better she's been feeling since she switched to a Paleo diet.

And that's the beauty of the **Paleo Recipe Book**. A review of what it offered showed me that it's more than a bunch of healthy recipes. It introduced me to a way of thinking about food that I hadn't considered before, and showed me how I could use the recipes without spending all my time trying to figure them out.

### Here's what the Paleo Recipe Book offers:

- **A BUNCH of healthy recipes!** 370 to be exact, with lots of illustrations that make you want to get in the kitchen and try them. The recipes are all healthy, based on foods our ancestors were probably eating before agriculture took over and pushed us into a high-grain, high-sugar diet disagrees with what our bodies need.
- **TASTE and SATISFACTION!** The quickest things that put me off a diet are boredom and cravings. I want flavor and satisfaction, and the **Paleo Recipe Book** has this. First, they contain meats I crave like marbled steaks, and then they've got a ton of recipes for marinades, dressings, and sauces, which jazzes up even the most boringly healthy foods. On top of that, one of the **BONUSES** is a guide to herbs and spices.
- **LIFESTYLE TIPS AND STRATEGIES!** I like to eat, not to think about eating too much. Another **BONUS** that was included was an 8 week meal plan, which probably cut my shopping and prep time into about a quarter. Along with that, there are tips scattered throughout the book that focus not just on the food, but the lifestyle.

*But don't just take it from me—CHECK IT OUT YOURSELF!*

### BUT IS THIS REALLY WHAT OUR ANCESTORS ATE? AND WERE THEY REALLY THAT HEALTHY?

#### OKAY...

This is where I had a hard time with the **Paleo Recipe Book**. It's based on the assumption that before agriculture, hunters and gatherers ate what we're genetically programmed to eat, and thus were optimally healthy. Do we really know this? And as hunters/gatherers on foot, did they really have access to all the ingredients I get to choose from? The truth is, we don't really know because not one of them, ever, had their blood pressure or glucose levels checked. Not one of them was diagnosed with obesity or diabetes or arthritis. We don't know which ones had high cholesterol or coronary artery diseases.

#### The TRUTH IS...

We're better off than our ancestors. We DO have access to the varieties of fresh fruits, veggies, meats, fish and OH YEAH all those wonderful marinades, sauces, spices and herbs that they just didn't. We also have modern medicine and testing techniques. It's already been **PROVEN** that the **Paleo Recipe**

**Book** is going to make you healthier all-around—most likely healthier than our ancestors!

*You've really got to check out their short video to see what I'm talking about!*

**So here's the goods:**

- **You get** a book that's rich in recipes and illustrations for food that you're going to love eating and that will make you healthier.
- **You get bonuses:** First, a no-brainer meal planning guide—8 weeks' worth! Along with that is a guide to 30 quick and simple recipes, a dessert guide (amazing!), and a plant and spice guide. You'll also get free charts, reference sheets, and cooking guides.
- **You get** the bonus of not just losing weight, but greater all-around health.

**And the bads?**

- **You can't** just set the **Paleo Recipe Book** on a shelf and wave a magic wand. You've got to take the advice and follow the recipes!
- **You aren't** going to see dramatic results in a matter of day. Your body needs time to adjust and repair itself.

*So what are you waiting for? Check it out now!*

The Paleo diet is **PROVEN** to not just help you lose weight (which you will), but also to improve your immune system, normalize your energy, help you to sleep better, give you better libido, and take away a lot of your aches and pains. It's a natural way to lower your blood pressure and sugar levels and, as you thumb through the pages in the **Paleo Recipe Book**, you'll see how the diet supports a well-centered healthy lifestyle.

Get off the excuses that diets are boring and leave you deprived. What your body craves is right inside the pages of the **Paleo Recipe Book**. *Don't wait* another day to start eating the way we were genetically programmed to eat to start feeling better and looking great. We've got an “up” on our ancestors—we've got luxury of easily finding the right foods to eat, and now, with the **Paleo Recipe Book**, an easy guide to getting our health on track!

*Click here NOW to start your new lifestyle!*

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