



The 80/20 Paleo: How to Eat like a Pig, Look like a Model and Transform your Life

Kelly Marks

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*** Editor's Choice 2014 *** Winner, Best New Paleo Book *** (April 4, 2014)

Curious about the so-called Paleo Diet but not willing to give up the foods and lifestyle you love? Good news. You don't need to live like a caveman or cavewoman to reap the incredible benefits of the Paleo diet and lifestyle: thanks to years of cutting-edge personal research across thousands of regular people just like you, "Paleo" has finally evolved into a new approach that's easier, simpler, and far more enjoyable! No more giving up the foods you love, forget counting calories or stressing about whether a food is Paleo or not. The 80/20 Paleo changes everything -- and let's you burn the fat while indulging in the foods you love, for life! Go 80/20 Paleo tonight and you'll never look back.

- Learn cutting-edge, scientifically-based tricks and hacks that give you 90% of the benefits of the Paleo Diet without any of the pain, radical lifestyle changes nor hassle.
- Find out which foods give you the most benefit, and why. Hint: it's not what you think!
- Why conventional wisdom around how to burn fat is so wrong, and how to jumpstart your fat loss NOW.
- Practical advice, information you can use, evidence-based science and incredible recipes that will blow your mind!
- And much, much more.

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