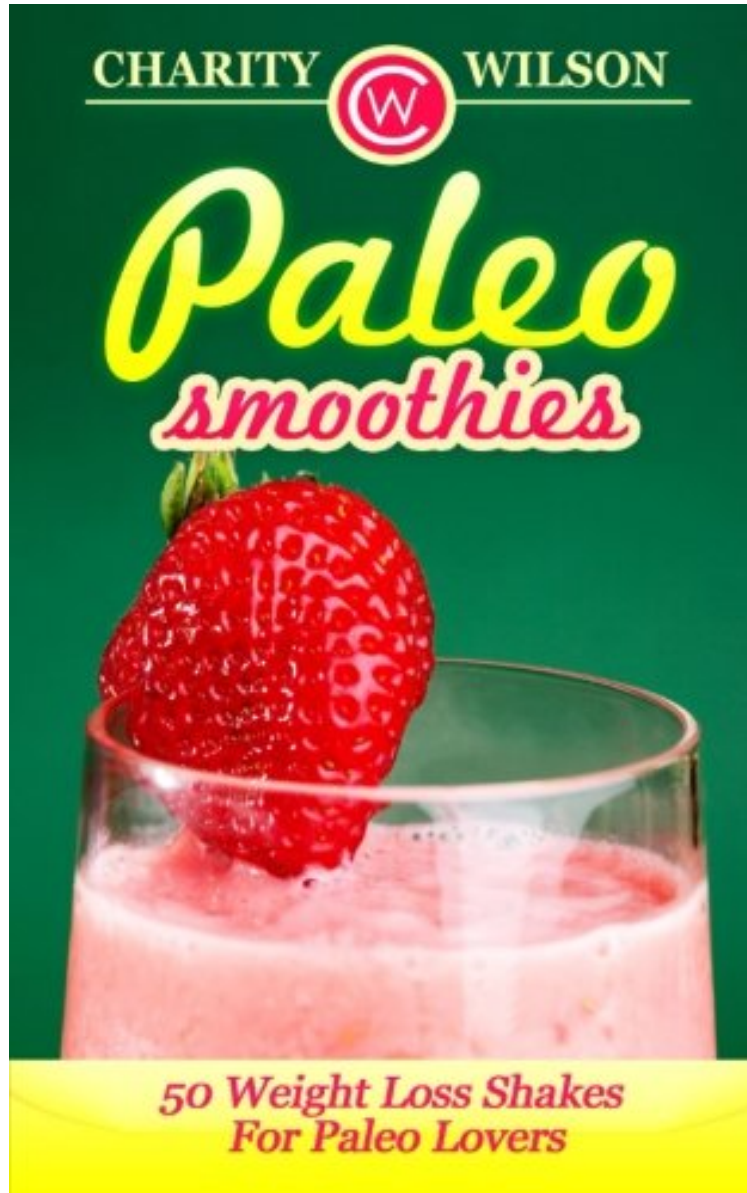


(Free) Paleo Smoothies: 50 Weight Loss Shakes For Paleo Lovers

Paleo Smoothies: 50 Weight Loss Shakes For Paleo Lovers

Charity Wilson

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Charity Wilson : Paleo Smoothies: 50 Weight Loss Shakes For Paleo Lovers before purchasing it in order to gage whether or not it would be worth my time, and all praised Paleo Smoothies: 50 Weight Loss Shakes For Paleo Lovers:

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Paleo lovers get your veggies on!Paleo Smoothies For Smart PeopleNo time to cook? Join the club. Intimidated by the thought of having to eat all these extra vegetables? Don't be. This book has you covered with 50 delicious Paleo Smoothies that are easy and quick to make.Why Bother With Paleo Smoothies?Convenience leads to weight gain but can also lead to weight loss. It is a powerful tool. Eating a pound of vegetables a day can seem like an inconvenience but drinking a couple weight loss shakes that support your Paleo eating is super convenient.If you don't make eating healthy feel convenient, you will eat unhealthily. It is that simple.A Paleo diet derives its health benefits from the fact you cut the crap and add in ample amounts of vitamin and anti-oxidant loaded fruits and vegetables. If you are not a fan of chewing cup after cup of broccoli and kale then smoothies will be your saving grace.Paleo Is Stupid SimpleThat doesn't mean it doesn't take effort to follow a Paleo diet, but it is not complicated at all. At its foundation, it is one of the most basic forms of eating available. The Paleo smoothie recipes you find inside are stupid simple. That is what makes them great.Complicated just leads to frustration and weight gain. Find someone who isn't frustrated with their diet and you will be looking at a person that is most likely in great shape. When eating isn't a chore, neither is losing weight.The important thing is that you find enough Paleo recipes you love so you do not stray away from getting the amount of vegetables you need each day. The Paleo diet is high in protein and your body needs those fruits and vegetables to keep things moving along.Weight loss shakes like these Paleo smoothies support a healthy digestive system which is crucial to weight loss. Let's just say it like it is – you can't lose weight when you are constipated! You need these Paleo smoothies if you find you cannot eat the amount of vegetables needed to stay "regular."Weight Loss Shakes That Focus On Your Muscles, Not Your FatYou are going to see a different approach inside "Paleo Smoothies." Inside you will find shakes that do not claim to burn fat off your body because the fact is not many weight loss shakes ever really do that.Instead, you will see smoothies that support muscle growth and maintenance. Now ladies don't worry. These do not bulk you up being they are not loaded with protein although you can add protein if you want to. The reality is women do not bulk up like men do and you can drink these smoothies worry free.The secret behind fat burning is having as much lean muscle tissue as you can. When you see someone that has a body you want, you may believe it is fat loss that made their body look that way. Actually fat loss was the second step. The first was molding all that lean muscle you see while losing fat. The more lean muscle you maintain, the easier it is for you to lose fat.They become those people who eat whatever they want, whenever they want and never gain weight it seems. That can be you following a Paleo lifestyle and using the weight loss shake recipes you find inside. Not that you will gorge yourself on junk food anyway but at least you could if you wanted to.Are you ready to finally discover the easiest and most delicious way to lose weight with Paleo?Scroll to the top of the page and hit the buy button today!

About the AuthorCharity Wilson is the loving mother of four children, well five if you count her husband of over 25 years. She has worked in various jobs over the years but realized one day home is where she needed to be. After a lot of deliberation and research, she decided to become a full-time writer. Being a full time at home mom and writer sounds like a lot of work and for good reason, it is. She loves every minute of the organized chaos that is her daily life. It is what fuels her ideas and inspires her to write the books she does. She loves to share what she knows and is always willing to learn something new. She loves to cook and create new recipes which you will find shared throughout her various cookbooks. She stays up to date on the most current diets but doesn't particularly follow any one of them. She eats to enjoy while consciously watching her health. She knows people need a variety of recipes to avoid the boredom that leads to weight gain and tries to fill that void. Her passions don't stop at cooking and she is an avid gardener, organizer and loves reading. She is known amongst the kids in the sports community as "the lady with the best chocolate chip cookies ever." She enjoys being able to watch her children play sports and is quite active herself. In the end, you could call her a homebody. Charity is all about living life with passion and enjoying every moment. Life is about enjoying good food, great company and waking up every day happy to do it all over again.