



The Paleo Primer: A Jump-Start Guide to Losing Body Fat and Living Primally

Keris Marsden, Matt Whitmore

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How amazing would it be if eating great tasting food helped you to lose fat, boost your energy levels and made you look awesome?! Thanks to Paleo Primer, this is now possible and-more to the point-sustainable. Paleo Primer is a great resource to help readers get quickly acquainted with the principles of Primal/paleo/evolutionary health living and eating. The first half of the book lays out the basics, with humorous and memorable cartoons to convey the key messages and lay the foundation for an effective daily routine. You'll learn how to get your mind right for lifestyle transformation, understand which foods to eliminate and why, follow step-by-step plan to get started, and even enjoy a list of "lifesaving books and websites."The recipes section contains over one hundred delicious, easy to prepare dishes that are organized into enticing categories like, "How to Pimp a Salad" and "Cheats of Champions". Paleo Primer also offers preparations suitable for busy weekdays, and others for relaxing weekends. Paleo Primer was written by Keris Marsden and Matt Whitmore, a British couple who operate a unique and extremely popular fitness and wellness facility called Fitter London. Their vast knowledge base, deft teamwork, and highly refined sense of humor shine through in these pages. It is a truly entertaining and deeply impactful read-a great gift idea to introduce a family member, friend, or loved one to Primal/paleo living.

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