



The Paleo Challenge: A 30 Day Paleo Diet Plan with Complete Meal Plans, Recipes and Shopping Lists, A Paleo Diet Cookbook

Adam Trainor

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Are you ready to change your life in just 30 Days?

Do you want to lose weight? How about clearer skin, more energy, or better sleep?

What if there was a complete blueprint on how to completely transform your life in just 30 days?

That's exactly what the Paleo Challenge is.

Amazon Best Selling Author Adam Trainor, founder of SoundBodyLife.com shares the lessons he's learned over years of research and self-experimentation. Using these exact tactics, Adam lost over 20 pounds in just 1 month!

Imagine how losing 20 pounds in just one month could transform your life! In addition to weight loss, there are many proven benefits to the Paleo Diet:


- Weight Loss
- Increased Energy
- Clearer Skin
- Improved Mood
- Reduced Incidence of Disease

In the Paleo Challenge, Trainor tell you everything you need to know about the Paleo Diet, and how to jumpstart your health with an easy-to-follow 30 day challenge:

- All your questions about the Paleo Diet answered
- Paleo Diet Hacks
- A 30 Day Paleo Meal Plan
- Mouthwatering, step-by-step Recipes
- Complete Shopping Lists- no guesswork
- What to do when you get stuck.
- Tools and tricks to stay motivated and accomplish your goals!

This is a complete Paleo recipe book, with over 50 unique breakfasts, snacks, lunches and dinners!

If you're ready to lose weight, sleep better and look and feel better, then take the Paleo Challenge today!

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