You Can Lose 75 Pounds In 6 Months Eating Low Carb Paleo Diet

Do you need to lose weight?

Have you been working out every day…

Eating less….

But still not losing weight?

You are not alone…

I have also gone through the same thing…

It’s frustrating…

Remember!

You need to stop hard on yourself…

Don’t be obsessive over it…

Dr. Oz said you can lose 75 pounds in 6 months on the Paleo diet….

Shift to high-quality animal proteins…

Like grass fed beef and pastured chicken

Eat healthy fats…

Like avocados

Cold-pressed **olive oil** and organic butter

Eat non-starchy vegetables…

Like broccoli, Cauliflower and onions

Enjoy low sugar foods…

Like berries and apples…..

But that is not everything..

You must know what foods to avoid…

Then only you can lose your weight in a healthy way….

Want to learn what foods to avoid…

Download my free report now….

“Go Paleo - Watch the Pounds Disappear”