

The Skinny Cave Girl Paleo Diet: No Butter. No Bacon. No Paleo Pancakes.

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Have you trying to lose weight on the Paleo Diet? Are you sure you are following the Paleo Diet?

Have you been hoodwinked by all the cookbooks teaching you how to cook and bake delicious "Paleo" bread, muffins, treats, chocolates, and pancakes?

The real truth is that you cannot eat treats every day or even every week. Oh, that's not all. You can't enjoy lots of bacon, butter and paleo pancakes every day, and expect to lose weight. Lindsay Madison will show you that food quantity counts just as much as food quality. Especially for women.

Get back to the basics. Keep it simple. Paleo is about eating plants and animals.

For practical and useful information on how to lose weight fast on the Paleo Diet, without spending all day in the kitchen, check out this book.

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