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Kimberly McMahon

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This book is designed for someone who has a busy lifestyle but wants to eat healthy and lose weight. It contains a 14-day meal plan and 30 recipes that consist of delicious and healthy breakfast, lunch, and dinner meals as well as snacks. By following this meal plan and combining it with regular physical activity, you can achieve your weight loss goal easily.
This 14-Day meal plan follows the modern-day Paleo diet that will help you have the energy to fulfill your daily tasks and at the same time enable you to lose weight. Simply follow the recipe for each meal in the succeeding chapters, adjusting the number of servings and amount that is best suited for your lifestyle.

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