



Cavewomen Don't Get Fat: The Paleo Chic Diet for Rapid Results

Esther Blum

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Bringing the tradition of *The Paleo Diet* and *The Paleo Solution* to women, a protein-rich, hormone-balancing, and detoxifying program that helps you get muscle tone, lose fat, and feel gorgeous fast.

MILLIONS OF YEARS OF EVOLUTION CAN'T BE WRONG

So maybe you're not flaunting the latest in saber-tooth style. Or beating your dinner to death with a club hours before you eat it. You're a twenty-first-century woman. Life has changed drastically since your ancestors discovered fire. What hasn't changed is how your body works. You're still sporting the same metabolic tendencies as your lean, toned Paleolithic sisters. Which means that achieving a strong, healthy physique is simpler than you think.

BURN, BABY, BURN

What's a modern woman with ancient needs to do? Return to her roots with a back-to-basics approach to eating that is tailored specifically to her nutritional, hormonal, and real-world needs. The Paleo Diet isn't just for hard-core CrossFitters and meat-loving men. Today's cavewoman can enjoy protein-rich, hormone-balancing, detoxifying, and satisfying foods that will help her lose those annoying extra pounds, build lean muscle mass, and feel like the gorgeous goddess she is meant to be. When you are able to understand the relationship that carbs have with your body, you'll finally get the results you're looking for—for life.

LOOK GOOD IN YOUR GENES

The ultra-feminine Paleo Chic Diet will help you hit your metabolic reset button, lose weight, and maintain your physique with a balanced, clean way of eating that won't put your body through the same metabolic trauma that makes traditional diets so ineffective. Ready to achieve the svelte, sexy, healthy body you're designed to have? What are you waiting for? Go wild!

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Angel Garcia:

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Allen Goehring:

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Kent Walker:

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Jesse Hooker:

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