



THE PALEO-PRINCIPLE

Fit, healthy and slim with 130 recipes

Boris Leite-Poço

256 pages

ISBN 978-3-86528-783-0

21 x 26 cm

Hard cover

Retail price: 25.00 Euro

World rights



Content:

To lose weight, become fit and feel well while staying healthy is often based on complicated diets.

It's easy with the Paleo Principle of Boris Leite-Poço, the founder of the first Paleo restaurant in Germany.

Boris knows that the principle works and he explains how, with the recipes he constantly develops and tests in his own restaurant.

Paleo is an efficient nutrition-concept, based on eating habits of our pre-historic ancestors, and the latest discoveries of evolutionary science, combined with modern cooking elements.