



# Arrows of Paleo Chicken: Delicious mouth watering Paleo Chicken recipes for weight loss and body resolution

Ava Collins

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Weight loss may be rapid in the first few weeks, due to the low quantities of carbohydrates consumed and the water that is expelled from your body. There are associated side effects such as lethargy, headaches and bad breath. All poultry is perfectly Paleo especially if it's organic, pasture raised and local or even better, wild. Poultry includes chicken and other fowl such as turkey, geese, and ducks. Second only to chicken in popularity, turkey is affordable and especially easy to find in stores. We've put together a number of delicious recipes for you that utilize chicken in all its forms from the whole bird to ground chicken burgers.



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