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Primal Blueprint Quick and Easy Meals: Delicious, Primal-approved meals you can make in under 30 minutes - Kindle edition by Jennifer Meier, Mark Sisson. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Primal Blueprint Quick and Easy Meals ...The Primal Blueprint: Reprogram your genes for effortless weight loss, vibrant health, and boundless energy (Primal Blueprint Series) - Kindle edition by Mark Sisson. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading The Primal Blueprint: Reprogram ...If you're doing all of those things right, then you're still ingesting more calories than you're using. Restricting carbs keeps the body from producing excess insulin which can turn into extra fat. Let me introduce myself. My name is Mark Sisson. I'm 63 years young. I live and work in Malibu, California. In a past life I was a professional marathoner and triathlete.