



Paleo Superfood Cookbook: 50 Quick and Delicious Recipes (Paperback)

By Marissa White

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.What You Will Find Paleo diets have become increasingly popular due to their various health benefits. Whether you are looking for an effective diet plan or a healthier living style, Paleolithic diets have something to offer everyone. A healthy diet incorporates all the necessary proteins, vegetables and fruits and that's what a paleo diet offers. There is no better way to opt for a healthier lifestyle than to go back to the basics and observe the diet patterns of eras gone by. 1.This e-book offers complete meal plans for people looking to adapt a paleo diet including quick and easy recipes for breakfast, lunch, snacks, dinner and desserts 2.Each recipe comes with serving sizes, complete nutritional information including calories, carbohydrates, proteins and fats. 3.The e-book also offers valuable information of adopting a Paleolithic diet, including what is and is not allowed, how to adapt a Paleolithic lifestyle and how to stock your pantry aptly. 4.This e-book is more than a 50 recipe handbook for your kitchen, it is a complete guide to help you adapt to the...



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