



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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