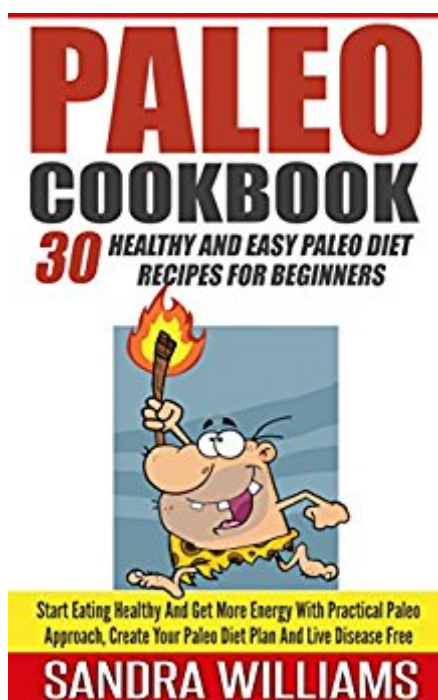


The book was found

Paleo Cookbook: 30 Healthy And Easy Paleo Diet Recipes For Beginners, Start Eating Healthy And Get More Energy With Practical Paleo Approach, Create Your ... And Vegan Whole Foods Recipes Book 2)



Synopsis

FREE GIFTS INSIDE! Inside this book you will find FREE reports: 1. 101 Tips That Burn Belly Fat Daily! (\$17 Value) 2. The 7 (Quick & Easy) Cooking Tricks To Banish Your Boring Diet. (\$7 Value) 3. Bonus at the end of the book. Learn How To Prepare 30 Delicious Paleo Foods, Get Healthy And Gain A Lot Of Energy Instantly! You have probably realized how much what you eat affects your life and that you have been doing something wrong. It's time to make some serious changes in your diet and see a major lifestyle upgrade. Food has a huge impact on your body and health condition. If you eat the wrong food and in an improper manner, the impact will definitely be negative. It is not about not eating something to lose weight. It is about eating the right kind of food to provide your body with the exact nutrition it needs. One way to do this is following the Paleo diet. This book is all about how the Paleo diet will help you eat the right food in the right way. Author has put together a number of recipes which will help you implement the diet through all your meals during the day. Here Is A Preview Of What You Will Learn: What Is Paleo Diet? Breakfast Recipes Baked Eggs in Sweet Potatoes Avocado and Eggs Banana Pancakes Coconut Waffles Pumpkin Porridge Nutty Bread and Eggs Apple Chicken Sausage Snack Recipes Spicy Pecans Eggplant Jerky Sweet Potato Chips Green Plantain Tortillas Zucchini Rolls Egg Muffins Kale Rolls Main Course Recipes Roasted Squash with Onions Carrot Soup Beef Stew Meatloaves Paleo Shepherd's Pie Paleo chicken Crock Pot Paleo crock Pot Roast Grilled Chicken Tender Tuna Avocado and Lettuce Wraps Salmon Fillets Dessert Recipes Chilli Chocolate Truffles Cinnamon Muffins Coconut Pudding Upside Down Banana Cake Pumpkin Custard Mug Cake

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Customer Reviews

I bought this book because I am a health conscious person and I'm always looking to expand my knowledge in the area. The greatest benefit to this book is its versatility. There are just -so- many recipes for my different moods, tastes, desires, events, etc. My favorite is the shepherd's pie! It turned out really well and the instructions were pretty straight forward. Another benefit is intrinsic to the Paleo Diet: these foods are so common around the world. I travel often and being on the Paleo Diet makes consistency in one's lifestyle realistic. My only criticism would be that the book should include pictures! The meals -sound- so delicious, but the experience loses something when I can't -see- what I'm about to cook. Overall, I would recommend this book to a new practitioner or a veteran as well as the traveler. This book will stay by my side when I go grocery shopping next week!

New to the Paleo diet I wasn't sure what to expect and so i had a lot of unvaried, boring and bland food for the first few days. Just as i was about to throw in the towel, i came across this book! Packed full of wonderful recipes with great flavours and yet ingredients that everyone can get a hold of!!Definitely recommended to anyone wanting a diet that works but needs a bit of inspiration! A fantastic book!

I would put 5 start to this book as I liked many of recipes there, and will definetely use them in my diet. The first meal I want to try is banana pancake....mmmm, as I eat banans everyday . Would be interesting to try what I found in this book. Thanks!

These recipes seem realistic, made with ingredients most of us have on hand. Thank you!

I like the healthy part but love the easy part. Five stars!

Love it!

I've been reading paleo books like it's my day job lately and this phenomenal book is by far one of the best i've ever read. Sandra Williams really knows what's she's talking about and she guides the reader along 30 amazing recipes. number 3 is the best in my opinion!

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