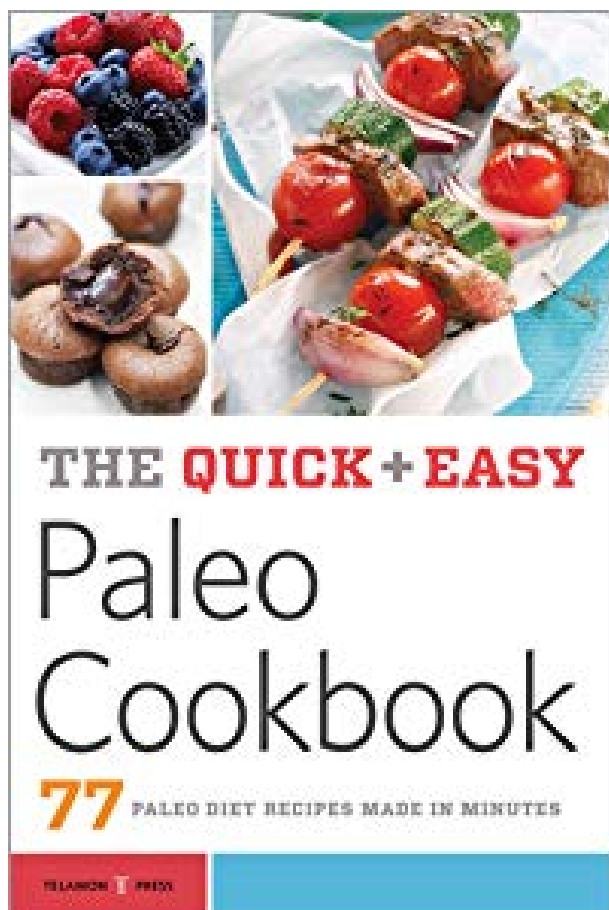


The Quick & Easy Paleo Cookbook: 77 Paleo Diet Recipes Made in Minutes



Author:	Callisto Media
Genre:	Food and Drink
ISBN13:	9781623153458
Goodreads Rating:	3.59
Published:	January 13th 2014 by Telamon Press
Pages:	152
ISBN10:	162315345X

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Easily add fresh Paleo meals into your daily life with The Quick & Easy Paleo Cookbook. The Paleo Diet is based on the natural diet of our ancestors. Made up of high-protein, low-carb, and unprocessed foods, the Paleo Diet does not have to be intimidating or expensive. The Quick & Easy Paleo Cookbook offers simple ways to incorporate Paleo-friendly meals into your routine using everyday, affordable ingredients from your local grocery store. The Quick & Easy Paleo Cookbook will make it easy to follow the Paleo Diet with fast and uncomplicated recipes perfect for the busy cook. With dozens of easy meals, you will find it simple to avoid processed foods and start incorporating flavorful, high-nutrient foods, such fruits, vegetables, nuts, and meats into a balanced and healthy diet.

With easy-to-follow tips and directions, you can start following the Paleo Diet today to experience the life-changing benefits of Paleo-from natural weight loss, to the prevention of life-threatening ailments like heart disease and type 2 diabetes. The Quick & Easy Paleo Cookbook will give you all the tools you need to create fast Paleo meals with: -More than 75 go-to Paleo recipes, including Fluffy Almond-Banana Pancakes, protein-packed Cobb Salad, savory Kale Chips, and sweet Berry Cobbler -Handy meal planning and shopping tips to help you save time on the Paleo Diet -A breakdown of the dos and don'ts to follow for a successful

Paleo Diet -A comprehensive list of Paleo-approved food substitutes to keep in your pantry The Quick & Easy Paleo Cookbook will help you start and stick to a successful Paleo Diet, so you can begin to lose weight and feel more energetic right away.