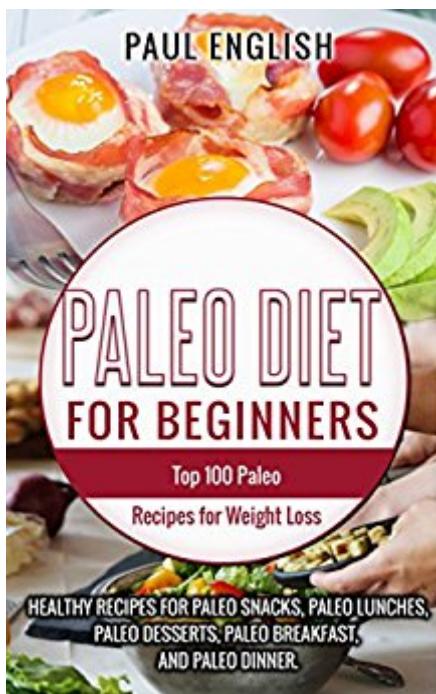


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Paleo: Paleo Diet For Beginners: TOP 100 Paleo Recipes For Weight Loss & Healthy Recipes For Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9)



Synopsis

Use These Powerful Weight Loss Recipes to Immediately Eliminate Disorders Today! I am grateful for buying my book «Paleo Recipes». I am happy to see your desire to change your life. Buying this book is just the first step, but an important one! This book «Paleo Recipes» is full of healthy recipes with various level of difficulty. Here you can find delicious breakfasts, hearty lunches, light dinners and interesting snacks so you can enjoy your meal. But what is more important that's not just the list of recipes! All of them are based on the diet of our Paleolithic-era ancestors. It contains only natural products and here you can learn how to cook simple meals like egg salad and something more difficult like Bison Steak with Caramelized Onions. But don't forget that healthy lifestyle means the changing of your body and it's not a fast process. Be patient and remember that things will come right if you can only hold on a bit. Good luck with your cooking and have fun. Here Is A Preview Of What You'll learn.... Breakfast Recipes Lunch Recipes Dinner Recipes Snack Recipes Paleo Desserts Paleo Salads And Much, Much More! Take action now and get This Kindle book for only \$0.99!

Book Information

File Size: 1008 KB

Print Length: 116 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 21, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01KU65IAU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

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Customer Reviews

Paul English takes the time to help you understand what the paleo diet is and how it works. I have wanted to find a diet I was able to follow and that would work but the paleo diet was far too complicated until now. I quickly learned a few recipes to incorporate in my weekly meals. I really liked Paleo Pancakes recipe and Vanilla Paleo Waffles recipe. This cookbook is an essential for beginners like myself. It is hard to develop your own recipes even though you know the principals of the diet.

These paleo diet recipes are delicious and helpful for weight loss, I get this book because I want to loss my weight and I see that I in two weeks I lose 2 lbs and this is big achievement for me thanks.

Favourite part: The paleo breakfast snacks! This was a very thorough read on the paleo diet and the perfect intro for someone like me. There are so many awesome recipes in this book, it makes sticking to the plan so much easier. A truly tasty and healthy diet, am glad I found this book.

I am a person who is interested in Paleo Diet. I have read a few book about Paleo Diet for beginners and I can tell you that this book is the best. This book has many recipes that you need to know before you start diet and also recipes that are very easy to follow.

Hm, not bad. This is a book about the paleo, more about different recipes for it, though! Which isn't a bad thing but not a per say paleo book in its own right. More like a recipe book, haven't tried any atm so am not really fair to judge. Good book if you're looking for more recipes! Thank you, Paul!

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