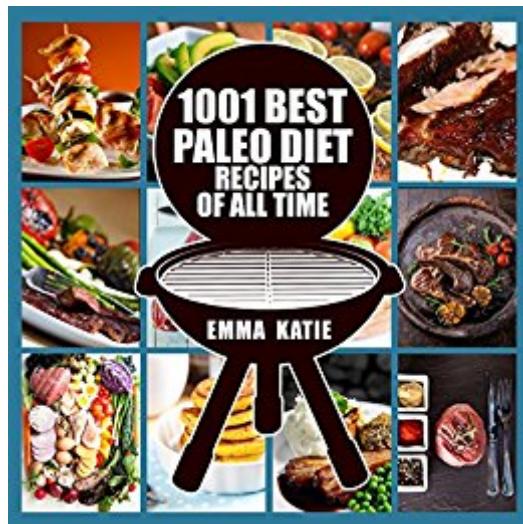


The book was found

1001 Best Paleo Diet Recipes Of All Time



Synopsis

1001 Best Paleo Diet Recipes of All Time! Today's Special Price: \$0.99! (From \$9.99) Over 1,000 of Healthy and Delicious Paleo Diet Recipes with Easy-to-Follow Directions! Are you looking for a healthier diet?! Have you had enough of this over-processed ingredients and bland tasting food?! There's just one answer to your questions — the Paleo Diet! Let's face it though! The word diet can be rather daunting! And getting your family on board with healthy eating is a difficult task as well. But Paleo is tricky in that regard as it is qualifies more as a lifestyle make over than just changing what you eat and when you eat. The Paleo diet relies on the idea that our nutritional needs haven't changed over centuries of technological developing, therefore it offers us the nutrients we need in order to be healthy in the same way our ancestors used to source and cook their food. This translates into eating only clean, nourishing foods that have been processed as little as possible and having a lifestyle that involves exercising and spending time in the nature. Unlike other diets, it's not at all restrictive so you can enjoy all sorts of foods that taste amazing and don't take too much time or any special skills to make. Then this book steps in, aiming to be your guide through Paleo cooking with its over 1000 recipes of pure Paleo deliciousness. The book includes breakfast, lunch, dinner or dessert recipes, as well as salads and plenty of snacks, some of them being real crowd-pleasers, such as: In addition to mouthwatering recipes like: Prosciutto Egg Cups, Belgian Waffles, Blackened Salmon, Bacon Wrapped Meatloaf, Poppy Seed Coleslaw, Flourless Brownies, Bacon Maple Ice Cream, Salted Chocolate Tart, Prosciutto Chips, This is the beauty of Paleo Diet — you can have a wide range of foods without feeling guilty, but energized, full all the time and as healthy as you can be. Every single recipe found in this book complies with the rules of Paleo Diet and it's delicious, as well as nourishing. You can have a rich breakfast, flavorful lunch and nutritious dinner, plus dessert and snacks in between every single day and still call your lifestyle healthy. Now doesn't that sound like the kind of life you could get used to?! Get your copy today and enjoy over 1000 of delicious, healthy and mouth watering Paleo Diet recipes. It's easy, it's healthy, and life changing!

Book Information

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Customer Reviews

We have been eating Paleo off and on for about a year and I actually bought this author's awesome cookbook last fall. We have been looking for some fresh recipes to try and are astounded at how many delicious recipes are included in this latest book - over 1,000! Not only does the author give some great info on the paleo diet, but there are recipes here for every meal of the day and they are all very well explained and easy to make. We have already made the breakfast sausage casserole and classic chicken roast and have a whole list of others that we can't wait to try. Awesome paleo cookbook!

The book gives a simple explanation about the diet and helps you to easily understand the Paleo diet. Don't be worried about the Paleo diet, thanks to this book you can eat delicious meals. There is a huge variety of amazing recipes that are very easy to make!!This is a marvelous product of Emma Katie, I highly recommend this book! You will love it!The recipes are easy to follow and they really taste fantastic! I am very happy with this book and the variety and the normal ingredients and delicious meals that will soon be on your table!

I use this book a lot .I have been Paleo for about six months . The recipes in this book have been tested and I personally find a lot of them are very tasty and satisfying. If a person is truly wanting to

try eat healthier and this book will help. Good luck Rene

I am only giving 3 stars on this recipe book, only because there are 3 blank pages, And missing recipes on those pages, other than that I love the book, great tasting recipes in this book, Just wish I had the missing recipes.

I have a few paleo recipe books and this one is by far my favorite. If you only want to buy one book this should be the one. It has every paleo recipe you would ever want.

I thoroughly enjoy cooking. I also need to be on a strict diet due to internal issues. So, Paleo diet was a great option for me. This is a great reference for plenty of recipes to try out while following Paleo. I highly recommend it.

I love this paleo recipe book because all of the recipes are so simple! So creative! So delicious!

Best cookbook I've ever read. I know that I will use almost every recipe in this book.

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