



The Essential Paleo Cookbook (Full Color): Gluten-Free Paleo Diet Recipes for Healing, Weight Loss, and Fun! (Paperback)

By Louise Hendon, Jeremy Hendon

Jl Publishing LLC, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.THE PALEO DIET IS NOT EASY, AND IT OFTEN DOESN T WORK Like millions of other people, we ve gotten amazing results by eating a Paleo diet. But we failed many times before we were able to stick to it and before we got the results we wanted. And that s the case for a LOT of people. There are 2 big reasons that people fail on a Paleo diet: 1.You can t make delicious and healthy food fast enough. 2.You miss comfort foods that you used to eat. Recipes That Taste Amazing, are Easy to Prepare, and Work Every Time We created the Essential Paleo Cookbook to help anybody succeed on a Paleo diet. First of all, we ve included only our best recipes, including Paleo versions of every popular dish, from Lasagna to Chicken Nuggets to Spaghetti to Fish Sticks. All tested and easy to make. Secondly, wherever possible, we ve simplified the recipes to make them easier and quicker, so that you don t need to spend unnecessary hours in the kitchen. Inside...



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