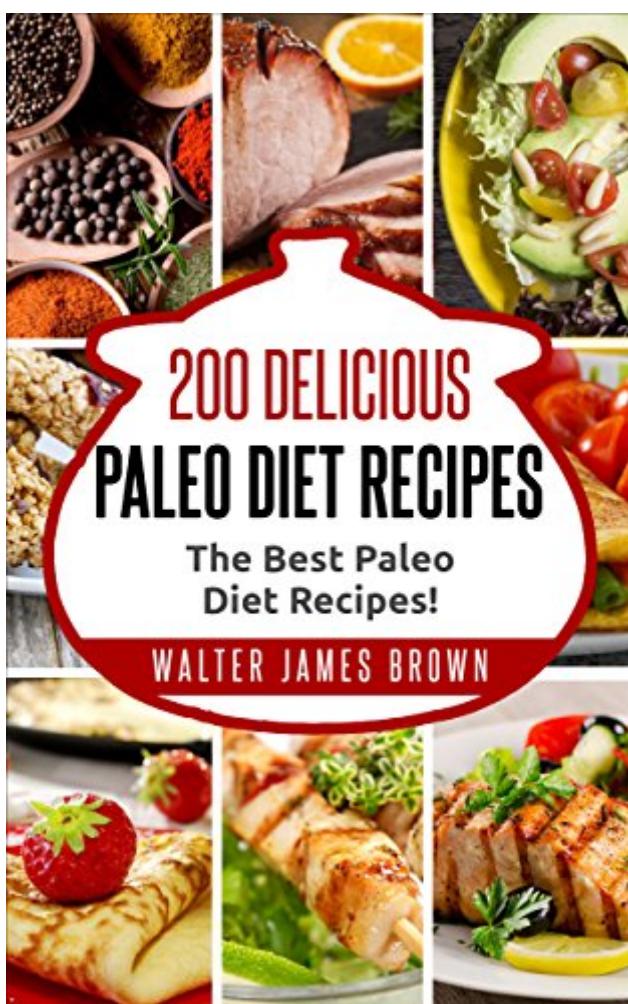


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Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,)



Synopsis

Book Information

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Customer Reviews

This book is the behemoth of all Paleo diet books! Not only is it packed with incredibly useful, well-researched information about the diet itself but it literally has over 200 recipes for all times of the day... and all of the ones our family has tried so far are really, really good! I think that my search for the ultimate Paleo book is over, this one wins! Highly recommended if you want a one-stop-shop for a good book for this diet.

Very informative and interesting book about different delicious Paleo recipes. This is a little book in size yet exceptionally rich in substance that can guarantee your well-being actualities completely. The more current paleo eating regimen is eating regimen which you are eating natural organic products, vegetables, and meat that is high in protein, and low in calories. To know the method of making sense of these procedures about this eating routine like wellsprings of the protein and calories, you need to peruse the book first. You will realize this book contains a how-to manual for the paleo diet which will offer you some assistance with understanding about this eating regimen.

There are so many recipes in this book. Many of them are delicious as well. You can beat recipes that also help with your diet. My favorite recipe is the banana bars. I ate so many of these. They get kind of pricey after a while, so I would suggest cutting prices wherever you can when shopping for ingredients.

Inside are delicious, and simple recipes. The Paleo Diet is the diet our genes were made for. This book presents readers with a program that causes weight loss in overweight people - up to seventy-five pounds in six months while normalizing blood cholesterol, and increasing energy levels. I'm a big supporter of the Paleo diet concept and the idea that we need to eat the traditional foods our genes need to be healthy. **READ ON AND FIND OUT MORE!**

Lots of recipes, but most of them are well-known ones, widely available on the internet. And some of the ingredients listed were not true to the Paleo diet plan. Maybe good for very beginners though.

I just read a book about Paleo that defines what it means. This book gives me the benefits of Paleo diet and why Paleo is better than any other dietary plan. And I am definitely not gonna be running out of recipe to serve not only for me but as well as for my family. They will definitely love to see me cooking their favorite steak and baking their favorite dessert as I have been avoiding meat and sweets lately. I'm glad to have a book that contains all the food my family would definitely love.

A very big book but packed with beautiful and delicious recipes for every taste ! This book provides an easily understandable insight into what the Paleo diet and why it is important for you . Very resourceful and easy to read book . My recommendation for those who take care of themselves and diet !

This is an amazing book! Excellent tips on Paleo Diet Recipes! I want to live a healthier life and this book helps a lot! There are many recipes that everybody can enjoy. My favorite part is the #2 Paleo Breakfast: Cereal Recipes. I'm happy, finally I've found a book that gives me real and nice tips on Paleo Diet.

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