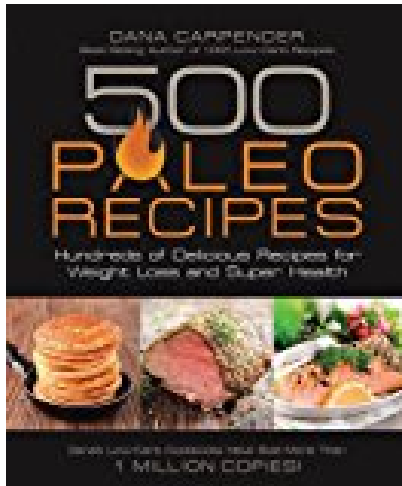


500 Paleo Recipes Hundreds of Delicious Recipes for Weight Loss and Super Health



BOOK DETAILS

- Author : Dana Carpender
- Pages : 336 Pages
- Publisher : Fair Winds Press
- Language : English
- ISBN : 1592335322

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BOOK SYNOPSIS

At last, here is a comprehensive cookbook to the hottest eating plan around! The Paleo diet—known in some circles as the “Caveman Diet”—is an eating plan based on evolutionary biology and backed up by medical research. Unlike other diets which can incorporate fake, processed foods and artificial sweeteners, the Paleo diet is based on what our ancestors ate: lean meats and fish, nuts and seeds, and naturally grown fruits and vegetables. Low-carb queen and bestselling author Dana Carpender shows how to stay the Paleo diet course deliciously with 500 easy-to-prepare recipes for everything Paleo from appetizers, to main dishes, to desserts.

500 PALEO RECIPES HUNDREDS OF DELICIOUS RECIPES FOR WEIGHT LOSS AND SUPER HEALTH

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