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Paleo For Vegetarians: 28-Day Meal Plan For Weight Loss and Radiant Health (Volume 2)

Grace Goldenbloom

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Paleo For Vegetarians is back, this time with: • 40 NEW mouth-watering recipes • A 28-day meal plan to help you LOSE WEIGHT • 4 weeks of GROCERY LISTS • A free bonus recipe book including 10 HEAVENLY PALEO SMOOTHIES! Following the success of the best-selling Paleo For Vegetarians: Quickstart Guide and 30-Recipe Cookbook, we wanted to provide some more treats to our savvy vegetarians who have ditched the grain as well as the gristle. We now present to you Paleo Diet For Vegetarians: 28-Day Meal Plan For Weight Loss and Radiant Health. Thousands of vegetarian cookbooks exist, but if you're also grain free, finding recipes that don't include bread, beans or other grains and legumes can be a frustrating endeavor. And although you've most likely heard all about Paleo, if you're a certified veg, you've probably let its meat-heavy hype pass you by. But is there a way to experience the health benefits of Paleo, without the meat? In Paleo For Vegetarians: 28-Day Meal Plan For Weight Loss and Radiant Health, health and fitness writer Katherine Barrington once again gives you the low-down on how our Paleolithic ancestors ate and how vegetarians can incorporate caveman principles into their diets, as well as offers you 40 NEW, simple and delicious vegetarian-friendly Paleo recipes, and a complete 28-day meal plan including grocery lists, all to make your life easier as well as more delicious. You'll even get a FREE BONUS recipe book entitled 10 Heavenly Paleo Smoothies, a selection of delectable smoothies you can eat at breakfast, as a snack, or any time of day! By getting back to nature, to a time before processed foods, agriculture or even fire, you can experience benefits such as: • Increased energy levels • Improved sleep patterns • Stable blood-sugar • Sustained weight-loss • Clearer skin and healthier looking hair • Improved mental clarity • Improved mood • Reduction or elimination of gas and bloating • Lowered risk of heart disease, diabetes and cancer • Higher immune function • Healthier gut flora • Reduced allergies • Reduced inflammation • Lower cholesterol levels • Reduced environmental impact • Increased animal welfare Inside the book, you'll also discover: • How to get enough protein with Paleo For Vegetarians • Which nutritional supplements may benefit you while following Paleo For Vegetarians • Tips For Losing Weight on Paleo For Vegetarians And of course, you'll be achieving these benefits all while enjoying delicious veggie Paleo recipes, such as: • Cranberry Banana Muffins • Cinnamon Raisin Waffles • Ginger Carrot Bisque • Raw Walnut Taco Chili • Spiced African Vegetable Stew • Coconut Chia Seed Pudding • Banana Hemp Smoothie …and more! If you're a grain-free vegetarian, someone who's currently eating Paleo but wants to reduce or eliminate meat from your diet for further health benefits, or someone who wants to lose weight, energize and eat awesome, delicious food, all while having each and every meal completely planned out for you, then Paleo For Vegetarians is just for you! Bon Appétit!

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