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Tammy Lambert

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Paleo for Food Lovers: Gluten Free and Grain Free Cookbook Tammy Lambert
What You Will Find In This Book? Life has become so busy these days that we don’t even get time to take care of our health. We eat whatever we get our hands on, without thinking for a moment how healthy or unhealthy it is. Paleo diet is the perfect solution for all such people. It is healthy and very easy to follow. Paleo fully read as Paleolithic, is a diet based on wild plants and animals that were consumed in the cavemen era. The fact that this diet belongs to the ancient Paleolithic era does not imply that it is tasteless and difficult to follow. On the contrary, it is very easy to make Paleo food. The best part is that there is a Paleo recipe for every meal and taste preference. If you want to try out this diet, this book is the perfect guide for you. It contains the following: 1. 50 Paleo recipes for all mealtimes 2. Recipes for breakfast, appetizers, dips, main course, dessert and much more… 3. Cooking time and serving size of each recipe. 4. Nutritional facts of each recipe so that you can manage your calories accordingly Paleo does not restrict you to eat your favorite food. Whether it is pizza, steak, cake or cookies, there is a Paleo recipe for everything. You just have to find it and you can eat anything you want, but in Paleo style. So don’t just stop here. Go ahead and try out a few. You are surely going to fall in love with the Paleo diet.

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