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Desayuno Paleo Recetas: Top 25 Recetas Saludables Paleo desayuno dieta para las mujeres ocupadas (Spanish Edition)

Rose Davidson

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Best Selling Author Rose Davidson ha vuelto a hacer frente a su rutina de desayuno de la mañana con el Top 25 Recetas Paleo desayuno increíble para las mujeres ocupadas.

Si usted es nuevo a la Dieta Paleo o un veterano experimentado, este libro de cocina El desayuno es una herramienta útil en su almacén de recetas Paleo. Nuestro deseo con este libro de cocina especial es para darle las opciones saludables de Paleo sin sacrificar el sabor y la familiaridad de sus comidas favoritas.

Para aquellos de ustedes que todavía tienen que estudiar la dieta de Paleo, puede estar seguro de que no implica ponerse ropa de piel de oso, abandonando zapatos y cocinar sobre una llama abierta! Para responder a la pregunta, "¿Qué es la Dieta Paleo?" Nos gustaría ofrecer una definición muy simple. Para hacerlo fácil, la Dieta Paleo es un paso atrás en la evolución de los alimentos a un tiempo en que era más limpio y menos procesados??. La Dieta Paleo es un compromiso con el consumo de verduras, frutas, frutos secos y carne magra y tirar cualquier cosa y todo lo procesado. Levántate ahora y tirar esa bolsa de papas fritas y verter el bicarbonato por el desagüe! Hay también una ventaja para su disfrute dentro de beber! Dos de mis recetas favoritas Paleo Smoothie, ideal para sus rápidas Snacks Paleo.

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