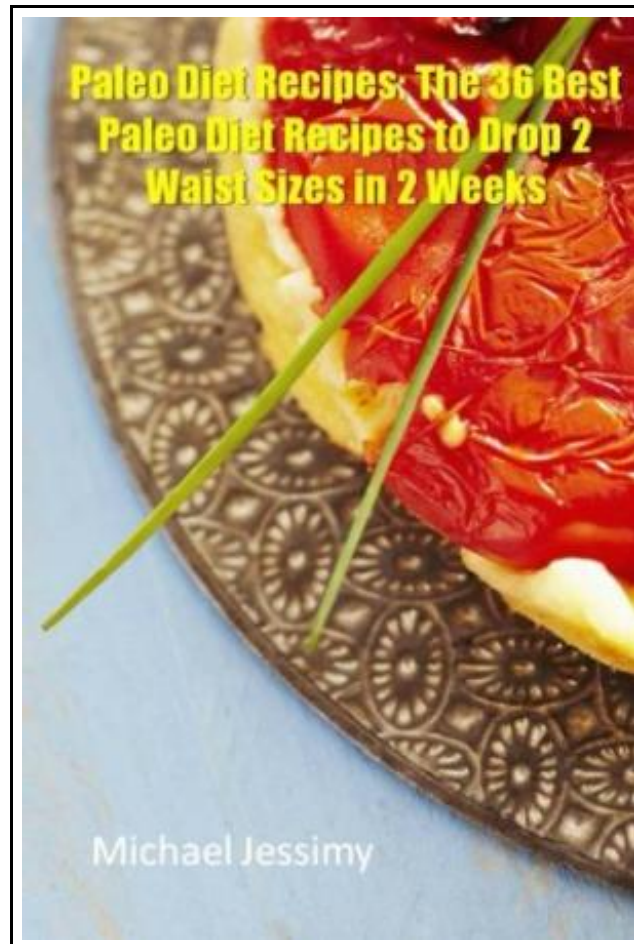


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PALEO DIET RECIPES: THE 36 BEST PALEO DIET RECIPES TO DROP 2 WAIST SIZES IN 2 WEEKS



Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Paleo Diet Recipes: The 36 Best Paleo Diet Recipes to Drop 2 Waist Sizes in 2 Weeks Ahhh, Paleo Diet Recipes, everyone thinks they re a chef right? Sure you can whip up a few veggies and lean meat, but is it really keeping true to Paleo Diet Principles? Probably not, but no need to panic- with your kindle in the kitchen, I can turn you into Martha Stewart s apprentice! This isn t by any means the paleo cookbook containing a zillion recipes- rather it contains enough to get you started in the right direction, and I will hold your hand while you pass the toughest time; the first 7 days. After that? You re on your own! Not exactly, as you should have gained important insight into what a paleo recipe book generally contains, and be able to whip up your own paleo diet recipes! And trust me; I m by no means a 5 star cook, but it just goes to show the simplicity of following a paleo recipe book and the paleo diet. In fact, up until 3 years ago the only thing I knew to make was hot water (and I burnt it sometimes too haha) Oh and did I mention that the weight loss potential of the paleo diet is absolutely unreal? Just take a look at my other book Lose 15 Pounds In 2 Weeks With The Gluten Free Diet That Works: The Paleo Diet and see what I mean. Well enough of me, in this paleo recipe book/ paleo diet cookbook you will find more than a week s worth of delicious breakfast, lunch and dinner recipes, to get your...



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