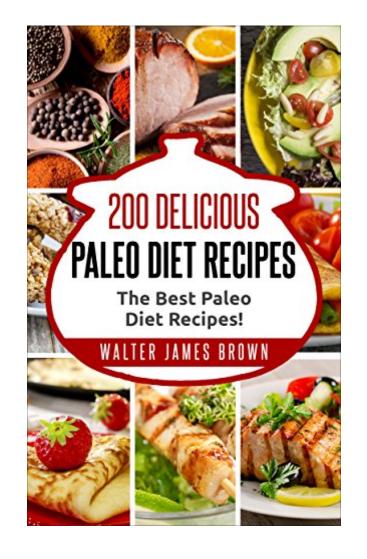
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Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,)





### Synopsis

200 TOP PALEO DIET RECIPES - EASY TO MAKE, DELICIOUS, AND MADE WITH SIMPLE INGREDIENTS!Do you fit in any (or more) of these categories:Motivated and convinced. You are ready to start with your Paleo Diet journey! However, one problem, where do you start!? Already a devoted follower of the Paleo Diet, but not feeling the recipes you are consuming anymore. Tired of searching for the perfect Paleo Diet cookbook. Most of them are filled with distasteful, unrealistic and/or complex recipes, improper organization, and/or ingredients which will cost you a fortune.Not motivated to come up with your own Paleo Diet recipes, so you give up before even trying.Not having any idea what the Paleo Diet is and you are curious what's it all about.or... You just want to know more about the Paleo Diet and you want a cookbook that will show you enough delicious Paleo Diet recipes for the upcoming years. If you fit into any (or more) of these categories, don't worry, here is what the Paleo Diet Cookbook will provide you with: Over 200 delicious Paleo Recipes. The best Paleo Breakfast, Paleo Lunch, and Paleo Dinner Recipes. Specially selected for you. Easy to make Paleo recipes which everyone can make. Paleo recipes which are made with simple and cheap ingredients. The basics of the Paleo Diet - an explanation of the popular diet. A logically sorted list of all the Paleo Diet Recipes. Recipes which are simple, not containing any fluff ingredients or rocket science directions. A cookbook that won't restrict too many foods. In theory, even non-Paleo practitioners could eat these meals without feeling that they were restricting themselves of any foods they love. A lot of meal variety. You won't feel bored with the recipes of this book.More than 10 BONUS Paleo Recipes which you will love.Stop looking for bad Paleo cookbooks, complex Paleo recipes, or false self-proclaimed 'Paleo Diet cookbooks'. Start enjoying the best Paleo meals with the Paleo Diet Cookbook. Purchase it now!Download your copy now!Take action now and download this book and enjoying the best Paleo Diet meals!Tags: Paleo Diet, Paleo

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# **Book Information**

File Size: 4477 KB Print Length: 423 pages Simultaneous Device Usage: Unlimited Publication Date: April 9, 2016 Sold by: Â Digital Services LLC Language: English ASIN: B01E2NUQ8Q Text-to-Speech: Enabled Not Enabled X-Ray: Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #160,789 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Baking > Muffins #3 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Blood Type Diets #6 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Native American

# **Customer Reviews**

This book is the behemoth of all Paleo diet books! Not only is it packed with incredibly useful, well-researched information about the diet itself but it literally has over 200 recipes for all times of the day... and all of the ones our family has tried so far are really, really good! I think that my search for the ultimate Paleo book is over, this one wins! Highly recommended if you want a one-stop-shop for a good book for this diet.

Very informative and interesting book about different delicious Paleo recipes. This is a little book in size yet exceptionally rich in substance that can guarantee your wellbeing actualities completely. The more current paleo eating regimen is eating regimen which you are eating natural organic products, vegetables, and meat that is high in protein, and low in calories. To know the method of making sense of thee procedures about this eating routine like wellsprings of the protein and calories, you need to peruse the book first. You will realize this book contains a how-to manual for the paleo diet which will offer you some assistance with understanding about this eating regimen.

There are so many recipes in this book. Many of them are delicious as well. You can beat recipes that also help with your diet. My favorite recipe is the banana bars. I ate so many of these. They get kind of pricey after a while, so I would suggest cutting prices wherever you can when shopping for ingredients.

Inside are delicious, and simple recipes. The Paleo Diet is the diet our genes were made for. This book presents readers with a program that causes weight loss in overweight people - up to seventy-five pounds in six months while normalizing blood cholesterol, and increasing energy levels. I'm a big supporter of the Paleo diet concept and the idea that we need to eat the traditional foods our genes need to be healthy. READ ON AND FIND OUT MORE!

Lots of recipes, but most of them are well-known ones, widely available on the internet. And some of the ingredients listed were not true to the Paleo diet plan. Maybe good for very beginners though.

I just read a book about Paleo that defines what it means. This book gives me the benefits of Paleo diet and why Paleo is better than any other dietary plan. And I am definitely not gonna be running out of recipe to serve not only for me but as well as for my family. They will definitely love to see me cooking their favorite steak and baking their favorite dessert as I have been avoiding meat and sweets lately. I'm glad to have a book that contains all the food my family would definitely love.

A very big book but packed with beautiful and delicious recipes for every taste ! This book provides an easily understandable insight into what the Paleo diet and why it is important for you . Very resourceful and easy to read book . My recommendation for those who take care of themselves and diet ! This is an amazing book! Excellent tips on Paleo Diet Recipes! I want to live a healthier life and this book helps a lot! There are many recipes that everybody can enjoy. My favorite part is the #2 Paleo Breakfast: Cereal Recipes. I'm happy, finally I've found a book that gives me real and nice tips on Paleo Diet.

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