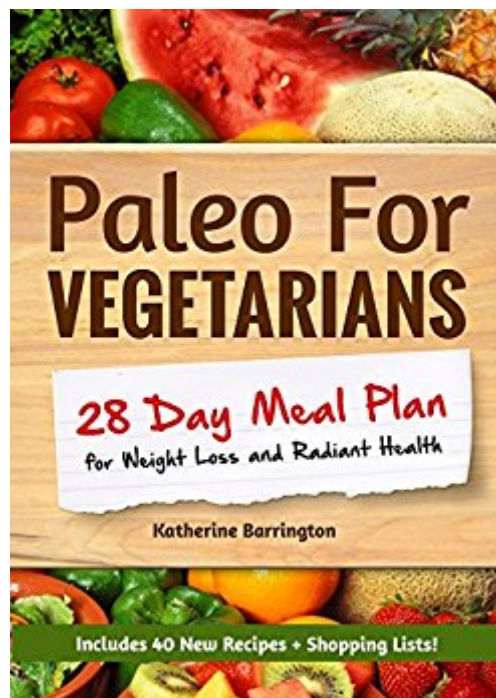


The book was found

# Paleo For Vegetarians: 28-Day Meal Plan For Weight Loss And Radiant Health: Enjoy The Health Benefits Of Paleo-Without The Meat!



## Synopsis

Paleo For Vegetarians is back, this time with: 40 NEW mouth-watering recipes 4 A 28-day meal plan to help you LOSE WEIGHT 4 weeks of GROCERY LISTS 4 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:

- 4 Increased energy levels
- 4 Improved sleep patterns
- 4 Stable blood-sugar
- 4 Sustained weight-loss
- 4 Clearer skin and healthier looking hair
- 4 Improved mental clarity
- 4 Improved mood
- 4 Reduction or elimination of gas and bloating
- 4 Lowered risk of heart disease, diabetes and cancer
- 4 Higher immune function
- 4 Healthier gut flora
- 4 Reduced allergies
- 4 Reduced inflammation
- 4 Lower cholesterol levels
- 4 Reduced environmental impact
- 4 Increased animal welfare

Inside the book, you'll also discover:

- 4 How to get enough protein with Paleo For Vegetarians
- 4 Which nutritional supplements may benefit you while following Paleo For Vegetarians
- 4 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:

- 4 Cranberry Banana Muffins
- 4 Cinnamon Raisin Waffles
- 4 Ginger Carrot Bisque
- 4 Raw Walnut Taco Chili
- 4 Spiced African Vegetable Stew
- 4 Coconut Chia Seed Pudding
- 4 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!

## Book Information

File Size: 7367 KB

Print Length: 121 pages

Publisher: Merry Elephant Publishing (February 17, 2015)

Publication Date: February 17, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00TQWROTI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #88,695 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #55 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo #72 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Paleo #102 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo

## Customer Reviews

Very disappointed with this book! The meal plan contains at least 2 eggs per day, which is neither vegetarian nor well thought out. The carbohydrate on the menu plan works out to several hundred grams per day, probably due to all of the bananas. I also found the author's premise that vegetarians should eat a little meat (flexitarian) inappropriate in a vegetarian cook book as well as insulting. I returned this poorly written book. Try Plant Based Paleo by Jenna Zoe or Paleo Vegan by Jones and Riettinger. You won't regret purchasing either of those.

Why do I think the authors are not vegetarian? Aside from the fact that under the category "Meat [!] and Protein", out of the 19 listings, only one (egg) might be considered vegetarian. They also concur that 46g are needed daily for women; others indicate 56g for men. They write: The protein offered on the Paleo for Vegetarians plan falls between 46 and 60 grams per day. Which recipes? I randomly selected a breakfast (muffin), lunch (soup), dinner (veggie casserole) and snacks (deviled eggs) and came up with 32g. You can specifically chose the high protein dishes, but that limits the

selection. I will keep the book -- the recipes look good -- but will have a modified Paleo diet.

I've been interested in transitioning to a Paleo diet for awhile now but didn't know where to start. The meal planning guide and suggested shopping lists in this book have been very helpful in helping me take the first step. I've had a great time trying all of the delicious recipes! Make sure to try the Coconut Chia Seed Pudding!

so excited to try this book, what a great concept ! i have tried the paleo diet before and found that it was a lot of meat, since then i have started to move away from so much meat and more to juicing and vegetarian meal planning so i very excited to try this cook book all the best parts of both in one easy to read and understand cookbook genius!!

This book is a great guide for anyone interested in the paleo diet while being vegetarian. It explains the basics and benefits of the diet and then also includes a full meal plan for you! Will recommend to my crossfit friends.

This book is highly recommended. There are meal planning guides and suggested shopping lists that is very helpful in taking the first step in achieving your diet. There are even recipes that are clear and easy to follow and photos which makes it mouth watering like coconut banana pancakes, coconut chia seed pudding, and a lot more so I am excited to try these recipes. Their health contents are rather beneficial and amazing.

I really like this product, I bought the Kindle version so I was able to have it instantly. It is very detailed and breaks it down for you. I also really like how it has a meal plan instead of just giving you the recipes.

This book was recommended to me by a friend and I can't tell you how excited I am to have it in my repertoire! The recipes are clear and easy to follow and the photos make one's mouth water. Coconut banana pancakes here I come:)

[Download to continue reading...](#)

Paleo For Vegetarians: 28-Day Meal Plan For Weight Loss and Radiant Health: Enjoy the Health Benefits of Paleo-Without the Meat! Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow

Cooker, Paleo For Beginner, Paleo Recipes) Meal Prep: Amazing Meal Prep Recipes: Healthy Meals, Clean Eating, & Meal Prep for Weight Loss (Meal Prep for Weight Loss & Meal Prep Recipes) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Paleo Bible: Paleo Slow Cooker Recipes: Top 160+ Slow Cooker Recipes & 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Diet Cookbook) Paleo Diet: The Paleo BIBLEÂ©

with Top 350+ Recipes & 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Cookbook) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss

[Dmca](#)