



Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals)

Emma Katie

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Paleo Diet

**TODAY SPECIAL PRICE - 1001 Best Paleo Diet Recipes of All Time (Limited Time Offer)
Over 1,000 of Healthy and Delicious Paleo Diet Recipes with Easy-to-Follow Directions!**

Are you looking for a healthier diet?! Have you had enough of this over-processed ingredients and bland tasting food?! There's just one answer to your questions – the Paleo Diet!

Let's face it though! The word diet can be rather daunting! And getting your family on board with healthy eating is a difficult task as well. But Paleo is tricky in that regard as it is qualifies more as a lifestyle make over than just changing what you eat and when you eat. The Paleo diet relies on the idea that our nutritional needs haven't changed over centuries of technological developing, therefore it offers us the nutrients we need in order to be healthy in the same way our ancestors used to source and cook their food. This translates into eating only clean, nourishing foods that have been processed as little as possible and having a lifestyle that involves exercising and spending time in the nature.

Unlike other diets, it's not at all restrictive so you can enjoy all sorts of foods that taste amazing and don't take too much time or any special skills to make. Then this book steps in, aiming to be your guide through Paleo cooking with its over 1000 recipes of pure Paleo deliciousness. The book includes breakfast, lunch, dinner or dessert recipes, as well as salads and plenty of snacks, some of them being real crowd-pleasers, such as:

In addition to mouthwatering recipes like:

- Prosciutto Egg Cups
- Belgian Waffles
- Blackened Salmon
- Bacon Wrapped Meatloaf
- Poppy Seed Coleslaw
- Flourless Brownies
- Bacon Maple Ice Cream
- Salted Chocolate Tart
- Prosciutto Chips

This is the beauty of Paleo Diet – you can have a wide range of foods without feeling guilty, but energized, full all the time and as healthy as you can be. Every single recipe found in this book complies with the rules of Paleo Diet and it's delicious, as well as nourishing. You can have a rich breakfast, flavorful lunch and nutritious dinner, plus dessert and snacks in between every single day and still call your lifestyle healthy.

Now doesn't that sound like the kind of life you could get used to?!

Get your copy today and enjoy over 1000 of delicious, healthy and mouth watering Paleo Diet recipes. It's easy, it's healthy and life changing!

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Robin Norfleet:

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Kenny Crowther:

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