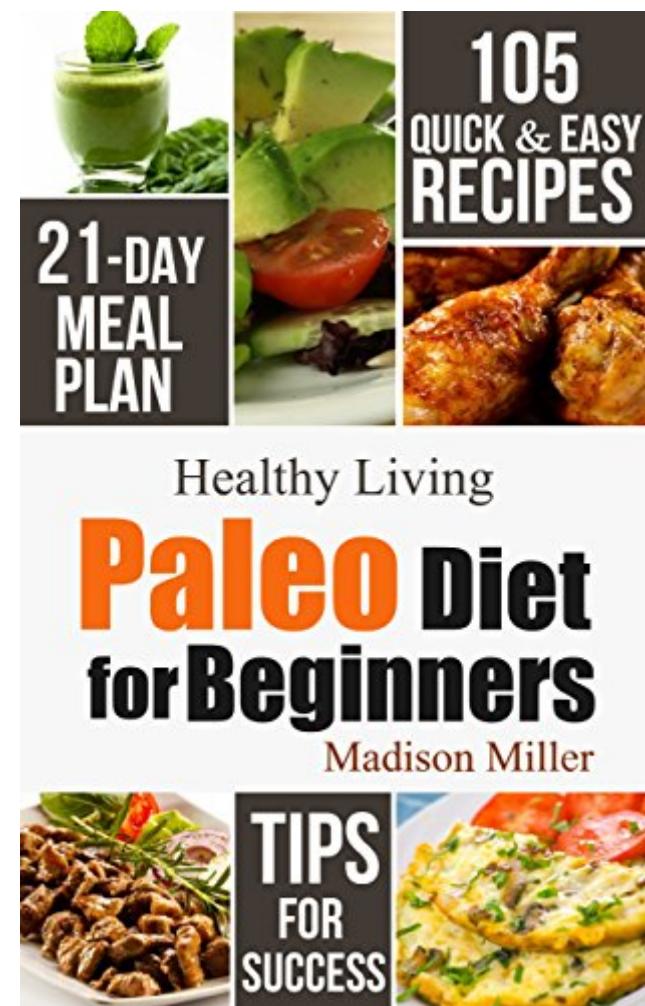


The book was found

Paleo Diet For Beginners: 105 Quick & Easy Recipes - 21-Day Meal Plan - Tips For Success (Healthy Living)



Synopsis

The paleo diet is not just another trendy diet, it's a lifestyle! Eat like our ancestors to finally, feel healthy, boost your energy and lose weight! Inside, find the essentials of following a paleo diet lifestyle and much more including:

- What the paleo diet is all about
- What are the health benefits
- What foods you can enjoy daily, in moderation and to avoid completely
- Trick and tips to make paleo cooking easy
- 21-day eating plan that includes breakfast, lunch and dinner plus snacks and desserts!
- Over 105 paleo recipes to choose from

What really make this book unique is the 105 creative and unique Paleo and Gluten-free recipes that are not only easy to make but that you can whip up quickly. Made with fresh and easy to find ingredients, you will be able to prepare impressive meals in no time, like:

- The caveman breakfast hash, the glorious morning smoothie or the primal blueberry waffles for nutritious breakfast selections.
- Super easy to make snacks options like fresh berry cereal, pumpkin pie spice sweet potato or spicy cauliflower.
- Lunch will be a breeze with recipes like the macadamia hummus, the paleo prawns with tomato sauce or the sautéed coconut chicken.
- Mouth-watering dinner recipes like the stuffed sea bass, the primal chicken fajitas or herb crusted pork tenderloin.
- A sweet finishing touch with recipes like ginger brownies, sweet and salty chocolate barks or the honey coated walnuts and peaches.

Now, scroll back up and grab your copy!

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Customer Reviews

I've been on a Paleo eatingplan for quite some timenow, so I'm always looking fornew ideas-Cookbooks. Glad I foundthis one. "Paleo Diet for Beginners" is not only for beginners, it's packedwith healthy, delicious, and creative recipesyou and your whole family will enjoy. I reallylike the Salmon and Asparagus Salad- Thanks!

I bought this book for my sister as she is overweight. I was trying to look for a way to help her. Then a friend of mine told me to read this book. As I knew not much about paleo diet, I didn't know what to expect from this book. But the author described very clearly what paleo diet is and what its benefits are. This book also has a list about what to eat and what to avoid during the diet. I showed the book to my sister after reading it myself. She was mostly impressed with the 21 day diet plan. She has already started following the diet plan and on her 2nd day! I hope this book will help my sister and others as well.

If your new to the paleo diet and want to learn more, I highly suggest you pick up a copy. This book will give you the ins and outs of the paleo diet and explain why its so important for healthy living. The author also shares some really fun and creative meal recipes. Good book!

Wow! What a comprehensive book on the Paleo Diet. This is not just for the beginner or someone not that familiar with the Paleo Diet as there are amazing recipes!The book starts with an introduction to the author and how her and her husband were overweight a year ago before starting on the paleo track. She then goes through the benefits of the Paleo Diet how it aids digestion and reduced inflammation.The next sections are - What you can eat, Foods in moderation, Foods to Avoid and what you can drink on the diet. I use the word 'diet' loosely as it is more a way of life as there are PLENTY of different foods you can eat!There is a 21 day plan to help you on the way along with Breakfast recipes like mini bacon quiches, Snacks like Spicy nuts (delicious!!) lunch recipes including Chicken and Spinach, Dinner dishes like Piri Piri Chicken (my favorite!!) and Beef Goulash and with desserts like coconut square to finish the meal, everyone is catered for. There are so many great recipes in this book and it really is easy to follow this way of life without too much

hardship! Go on give it a try you wont be disappointed!

A quick read about a stone age diet that looks a lot like many others, which limit bad fats, carbs and processed foods. Although the author spells out the rationale and says there is research to back it up, he does not present any details about the research, nor does he present references so we could look it up ourselves. This way of eating appears appropriate for someone who does not have active disease and wants to stay healthy. I am not convinced that it would help someone, for example, who wants to reverse heart disease. But that is what research is for and I don't see that here

I've read a few books on the Paleo diet and have a fairly good understanding of the diet. However, until I read this book, I didn't have a clear idea of how to start and what to cook, besides grass fed beef! This is a great book on a very enjoyable diet!

This is a well written book on paleo diet. If anyone is looking to go in to the paleo diet then this is a great book to get started. It shows practical tips and strategies to get started on a paleo diet and also its packed with delicious recipes to enjoy. This author does a good job of laying out in a 21 day meal plan to keep you on track. The paleo diet is a great way to lose weight and live a healthier lifestyle and this book is a great way to get started.

If you've been considering a paleo diet, but weren't sure how to proceed, this book is for you. Before you get to the recipes, you will learn what makes for a paleo diet, the benefits, what foods to avoid, what to expect, and best of all how to prepare your shopping trips and organize your kitchen for making this lifestyle change. The author shares how her family got started and the tremendous health benefits they have enjoyed. Finally, to make this changeover in eating habits fail-proof, the recipes are organized in a 21-day meal plan for breakfast, lunch and dinner that takes all the guess work out of making this diet work for you. With 105 recipes, of course, you can arrange them to suit yourself. Oh, there are desserts as well! What's not to love about that!

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