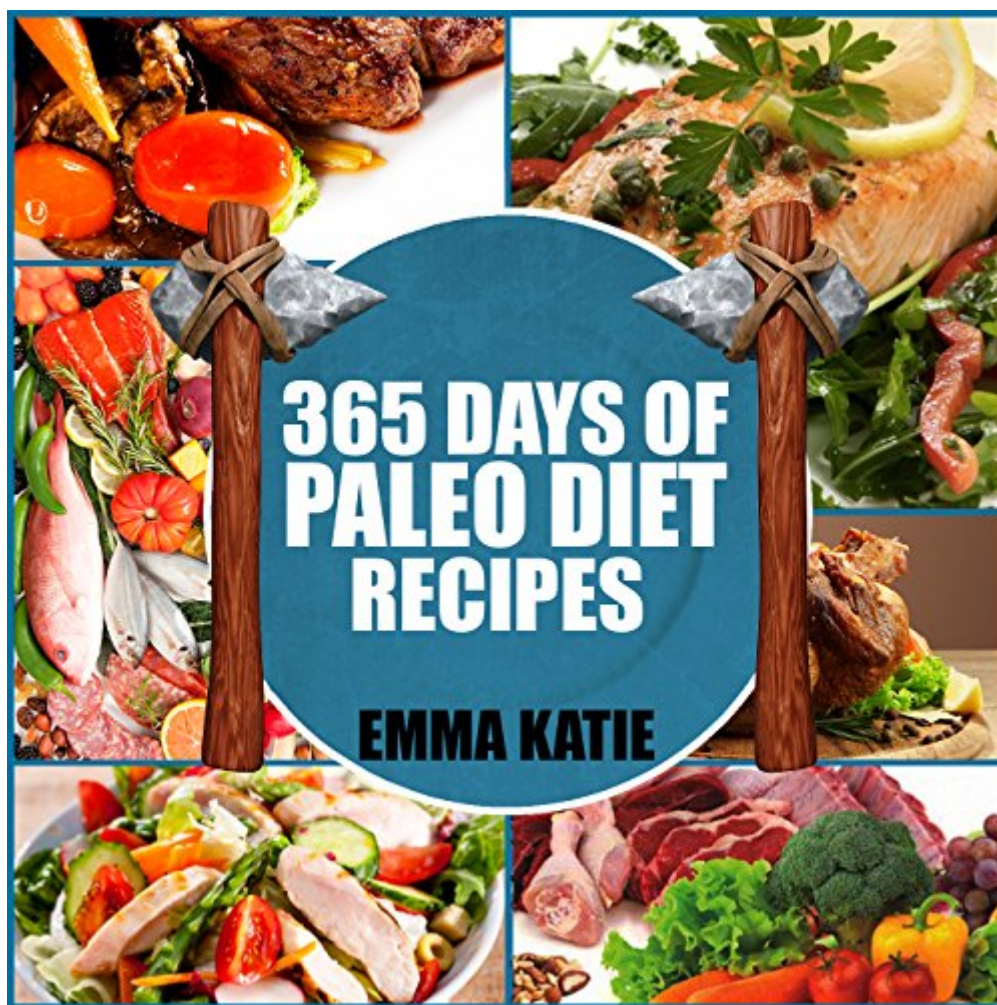


The book was found

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)





Synopsis

Paleo Diet 365 Paleo Diet Recipes is about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible. These things can be achieved by learning some nutrition basics and using them in a way that works for you. In Paleo Diet 365 Healthy Recipes, the author provides 365 healthy recipes for people who are searching for a healthier life. Previously, people didn't have medicines to survive. They used to use this diet to keep their body healthy. There are many awesome benefits of having a Paleo diet:

- Healthy cells: Every cell of our body is made of saturated and unsaturated fats. The Paleo diet provides a balance between these two fats which makes the cells healthy.
- Improving the brain: The Paleo diet comes mostly from nature.
- Fewer Fats in Body: The Paleo diet is full of protein and it does not allow the fats to settle.
- Healthier Intestinal Tract: Using the Paleo diet on a regular basis strengthens your intestines.
- Vitamins and Minerals: The Paleo diet is full of vitamins and minerals to rejuvenate you in the foods you eat.
- Better Digestion/Absorption: Food will break down better in your body.
- Fewer Allergies: You will have more energy and be able to lose weight.

In addition to mouthwatering recipes like: Chocolate Chili Truffles, Honeyed almonds and hazelnuts, Broccoli Egg Bake, Almond Muffins with Almond Flour, the author of this cookbook has done their best to ensure a wide range of Paleo diet recipes with different ingredients to maintain health. Many times, vegetarians fail to enjoy the nutritious and protein-based Paleo foods. Therefore, the author has incorporated dishes and ingredients in varying Paleo recipe diets to consider the likes of vegetarians/vegans. Readers can entertain their guests or enjoy time with friends and family members during the holidays. In order to fulfill the requirements as well as avoid health problems faced by food lovers, this book is an introduction to suitable and tasty Paleo-based breakfast recipes, snacks and other items. Readers will find many recipes simple and easy to prepare by following the guidelines mentioned in the cookbook. So get your copy today and enjoy 365 days of delicious, healthy, and mouth-watering Paleo Diet recipes. Get your copy today and enjoy 365 days of delicious, healthy and mouth watering paleo diet recipes.

Book Information

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Customer Reviews

So many great recipes! Everything I have made has turned out great! I do sometimes wish the recipes were listed in categories such as "Main dishes" or "desserts" so things are easier to find.

I love this book, I am not so savvy with cooking and this helps me a lot with planning my meals. Even though I am not following the Paleo Diet program, this book helps me make healthier choices for me and my kids.

Returned. A big disappointment. Badly written. Some of the recipes are quite questionable. NOT at all helpful for an experienced cook. Has 365 recipes, not 365 days of menus.

Easy to read, fast delivery

good recipes for persons trying to start eating cleaner and keep away from bad carbs/chemical

Great recipes! Some of them are a little more complicated than I was looking for, but they meet the requirements of the diet and many of them are easy to make but still fun and creative!

Serious waste of money! Unorganized, hard to follow. Random, unexplained ingredients...("chef's shake"???) No sensible index. Sorry I missed the return window. Certainly not for experienced cooks. Disappointing.

Will be working on this want to try diet. Will let all know if works. Going to be fun at grocery store.

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