



## Instant Paleo: 50 Super Quick Recipes for All Day, Any Day! (Paperback)

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By Danielle Watson

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Thinking of going Paleo? Afraid you would have to give up all your delicious snack treats? Well, worry no more, as this eBook will give you all the recipes and tips and tricks to get you started with enthusiasm on your Paleo diet program. What you need to realize is that Paleo is not a diet; it is actually a way of life. Once you adopt it, you will realize that without having to give up your favorite snacks, you can become healthy and active! So how does this eBook help? It works by providing you with 50 of the easiest, delicious and super quick recipes. Here is what you will find in this book: 1.Information and health benefits of Paleo 2.Sweet and savory snack recipes 3.Easy to follow methods 4.Snacks that are best for stay at home and for on the go! 5.Nutritional values to guide you Therefore, you don't have to be intimidated by the idea of going Paleo, just go through this eBook and be entranced by the yummy world of...



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