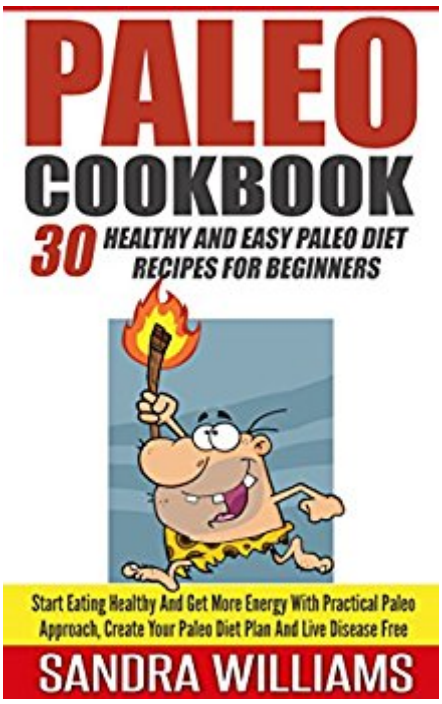
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Synopsis

FREE GIFTS INSIDEInside this book you will find FREE reports:1. 101 Tips That Burn Belly Fat Daily! ($17 Value)2. The 7 (Quick & Easy) Cooking Tricks To Banish Your Boring Diet. ($7 Value)3. Bonus at the end of the book.Learn How To Prepare 30 Delicious Paleo Foods, Get Healthy And Gain A Lot Of Energy Instantly!You have probably realized how much what you eat affects your life and that you have been doing something wrong. ItÃ¢â ¬â„¢s time to make some serious changes in your diet and see a major lifestyle upgrade.Food has a huge impact on your body and health condition. If you eat the wrong food and in an improper manner, the impact will definitely be negative. It is not about not eating something to lose weight. It is about eating the right kind of food to provide your body with the exact nutrition it needs. One way to do this is following the Paleo diet. This book is all about how the Paleo diet will help you eat the right food in the right way. Author has put together a number of recipes which will help you implement the diet through all your meals during the day.Here Is A Preview Of What You Will Learn:What Is Paleo Diet?Breakfast RecipesBaked Eggs in Sweet PotatoesAvocado and EggsBanana PancakesCoconut WafflesPumpkin PorridgeNutty Bread and EggsApple Chicken SausageSnack RecipesSpicy PecansEggplant JerkySweet Potato ChipsGreen Plantain TortillasZucchini RollsEgg MuffinsKale RollsMain Course RecipesRoasted Squash with OnionsCarrot SoupBeef StewMeatloavesPaleo ShepherdÃ¢â ¬â„¢s PiePaleo chicken Crock PotPaleo crock Pot RoastGrilled Chicken TenderTuna Avocado and Lettuce WrapsSalmon FilletsDessert RecipesChilli Chocolate TrufflesCinnamon MuffinsCoconut PuddingUpside Down Banana CakePumpkin CustardMug CakeFREE BONUS At The End Of The BookDownload your copy today!Don’t wait, read this short cookbook and eat healthy Paleo meals!Scroll to the top of the page and download it now.

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Customer Reviews

I bought this book because I am a health conscious person and I'm always looking to expand my knowledge in the area. The greatest benefit to this book is its versatility. There are just -so- many recipes for my different moods, tastes, desires, events, etc. My favorite is the shepherd's pie! It turned out really well and the instructions were pretty straight forward. Another benefit is intrinsic to the Paleo Diet: these foods are so common around the world. I travel often and being on the Paleo Diet makes consistency in one's lifestyle realistic. My only criticism would be that the book should include pictures! The meals -sound- so delicious, but the experience loses something when I can't -see- what I'm about to cook. Overall, I would recommend this book to a new practitioner or a veteran as well as the traveler. This book will stay by my side when I go grocery shopping next week!

New to the Paleo diet I wasn't sure what to expect and so i had a lot of unvaried, boring and bland food for the first few days. Just as i was about to throw in the towel, i came across this book! Packed full of wonderful recipes with great flavours and yet ingredients that everyone can get a hold of!!Definitely recommended to anyone wanting a diet that works but needs a bit of inspiration! A fantastic book!

I would put 5 start to this book as I liked many of recipes there, and will definetely use them in my diet. The first meal I want to try is banana pancake....mmmm, as I eat banans everyday . Would be interesting to try what I found in this book. Thanks!

These recipes seem realistic, made with ingredients most of us have on hand. Thank you!

I like the healthy part but love the easy part. Five stars!

Love it!

I've been reading paleo books like it's my day job lately and this phenomenal book is by far one of the best i've ever read. Sandra Williams really knows whats she's talking about and she guides the reader along 30 amazing recipes. number 3 is the best in my opinion!

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