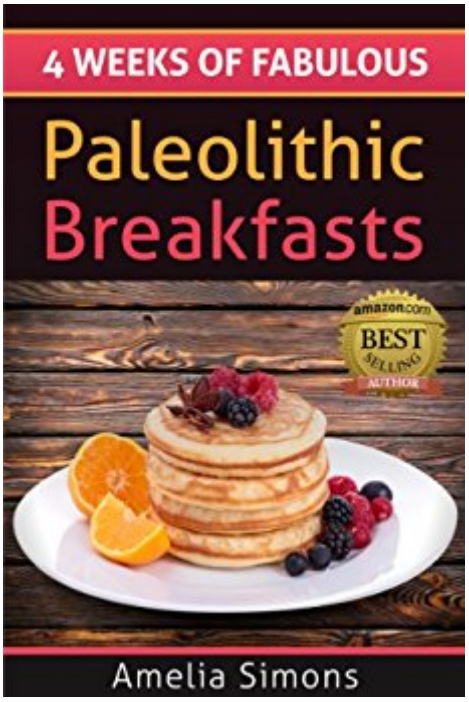
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4 Weeks Of Fabulous Paleolithic Breakfasts (4 Weeks Of Fabulous Paleo Recipes Book 1)



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Synopsis

7.7.13 ~ UPDATED with pictures and a CLICKABLE INDEX at the end!Have an ingredient you want to use in a recipe? No problem! Just go to the index, find the ingredient, decide which recipe sounds good, click on it and the link takes you right to the recipe!Buyers of 4 Weeks of Fabulous Paleolithic Breakfasts are saying:~ "This book has a good variety of breakfast foods and I was impressed with how good the food was."~ "This book is full of super easy recipes! I have also thoroughly enjoyed the lunch and dinner books as well."~ "I bought this recipe book because I liked the list of recipes I saw with the "Look Inside" feature and I truly have enjoyed the recipes that I've cooked."Amelia Simons' 4 Weeks of Fabulous Paleolithic Breakfasts is a collection of 28 delicious recipes to help you start your day with healthy and satisfying dishes without grains and gluten. As many people are choosing to eat healthier as well as desiring to lose weight, they are enthusiastically turning to a Paleolithic lifestyle consisting of a low-carb diet rich in healthy meats, fish, seafood, vegetables, good fats, nuts, and seeds.Some of the delicious breakfast recipes included in this cookbook are:Ã Â Ã Â Ã Â South of the Border FrittataÃ Â Ã Â Ã Â Cranberry Almond BreadÃ Â Ã Â Ã Â Freedom WafflesÃ Â Ã Â Ã Â Coconut Blackberry Breakfast BarsÃ Â Ã Â Ã Â Berry Nutty Breakfast SmoothieAlso included in this cookbook is an overview of the Paleolithic lifestyle that will give you a quick, easy-to-follow guide of the foods recommended and ones to avoid.PLUS, you will be thrilled with the newly created CLICKABLE index containing all the main ingredients used in the recipes. For example, do you have some vegetables you want to use? Then, go to the index, find the vegetable you have, look at the list of recipes that use that vegetable in it, click on the recipe titles that sound enticing, and the link takes you straight to that recipe. The clickable index makes searching SO EASY and is a feature you will thoroughly enjoy.Don't miss out on this great cookbook for only 99 cents! New favorites are just a click away for you, your family and friends.Now scroll back up to the top of this page and click on the "BUY" button to make tomorrow's breakfast delicious and a new beginning!Please note: If you are a Paleo eater like me and enjoy living by Mark Sisson's "80/20 rule," (eat a strict Paleo diet 80% of the time and relax a little bit the other 20%), you will find a few recipes that offer you the suggestion of using some dairy products like aged cheeses or butter if you can tolerate dairy. Also, because the issue of bacon continues to be an ongoing debate, bacon is a suggestion in a couple of recipes for you to consider enjoying on occasion if you desire. Finally, raw honey is used as a sweetener in several recipes, but can certainly be eliminated in most if you do not wish to include it.

Book Information

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Customer Reviews

I love this book use it almost every day

perfect

I've only just started to dip my toe into the paleo eating lifestyle. To get started I decided to change my breakfasts to paleo breakfasts, hence why I bought this book (plus it was only 99 cents). The book delivers on what it promises. It has paleo versions of egg dishes, muffins, pancakes, cereals and smoothies. Although I haven't gone through all of the recipes yet, the ones I've tried have been great. It you're interested in eating the paleo way, this book will help you get started (with breakfast, anyway).

Useful and delicious recipes. I bought the whole series.

This cookbook has lots if great recipes for my new way of eating.

Freebie - you get what you paid for...

Almost all seem to be egg based. Was hoping for more novel breakfasts

I only wanted recipes, not a lecture

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