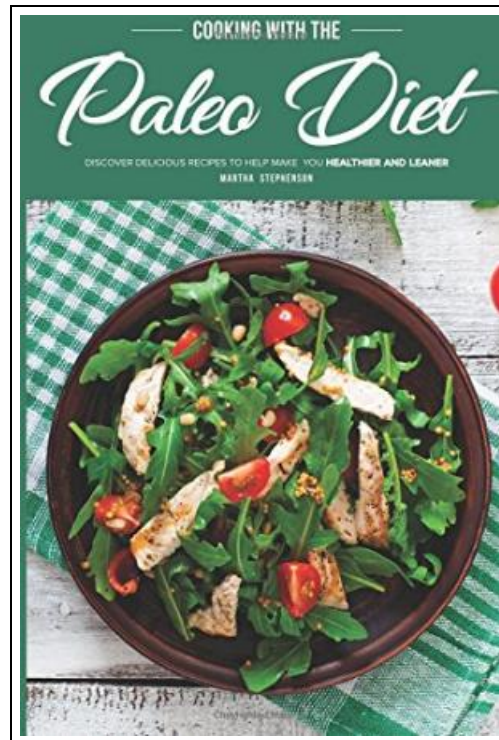


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COOKING WITH THE PALEO DIET: DISCOVER DELICIOUS RECIPES TO HELP MAKE YOU HEALTHIER AND LEANER (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.First of all, it is necessary to explain what the Paleo diet involves before we plunge directly into sharing these recipes. Sometimes the Paleo diet is referred as the caveman diet, meaning you are encouraged to eat as similarly as possible to how our ancestors ate back when we were nomads. Essentially, you can eat whatever you would be able to find in a natural setting like a forest or a field. For example, since our ancestors would go hunting and fishing, you can eat meat and fish. Our ancestors collected fruits and seeds, so you can have plenty of berries, nuts, and seeds without added salt. But, there s no room for processed foods when you decide to adopt the Paleo diet. You need to eliminate pasta, cereals, and breads from your diet, as well as fatty and sugary foods such as candies, pastries, and more. This cookbook will inspire you with many awesome recipes and a guide to help your body process foods easier, by consequence making you leaner and much healthier. By saying yes to Paleo, you are saying yes to the following: lean proteins, vegetables, fruits, seafood, nuts, seeds, and healthy fats. However, you also have to learn to say no to the following food items: dairy products, grains, processed foods, sugars, starches, legumes, and alcohol. Are you ready for a change? We certainly are, and we re here to help you along with some mouthwatering recipes! Here we go!.



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