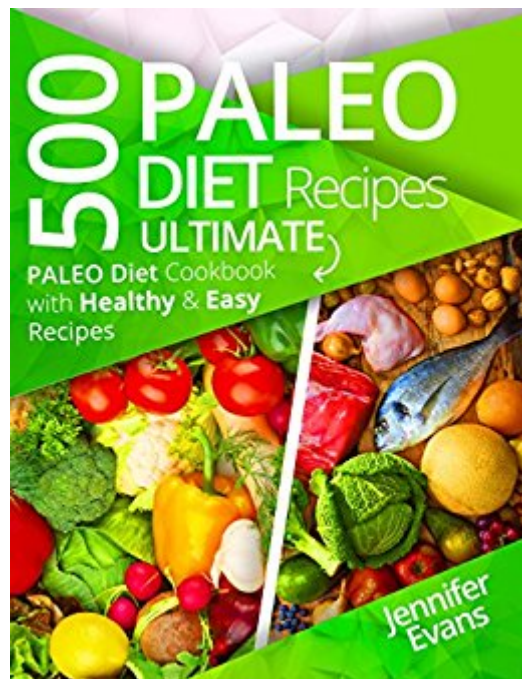




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500 Paleo Diet Recipes: Ultimate Paleo Diet Cookbook With Healthy & Easy Recipes



Synopsis

Why should you opt for a Paleo diet? Well, it's really simple! The Paleo diet is one of the healthiest diets ever. This great diet is the only one that can help you increase your energy levels, your strength, your overall health and that can help you lose weight at the same time! This diet brings many positive effects and it can really change your life for good! This sound really great, doesn't it. One of the best things about this diet is that it keeps you satisfied and happy all day long. You won't even feel you are on a diet. In order to help you get started, we've gathered the best Paleo dishes and we offer them to you! Just check them out! These Paleo recipes are incredible and they will conquer your taste buds in no time! We guarantee you! Try the amazing Paleo recipes under various sections such as breakfast, lunch, side dishes, main dishes, snacks and appetizers, fish and seafood, meat, vegetable meals, Enjoy cooking and eating Paleo!

Book Information

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Special Diet > Paleo

Customer Reviews

My biggest complaint about this book's is its index. Instead of indexing in main ingredient format it is indexed as per the name of the dish, so you have a lot of dishes indexed under P for Paleo chicken

or Paleo Salmon, which I really think is ridiculous. Secondly, I am very disappointed that there are no pictures to show what the dish should look like.

I've been collecting several healthy diet recipes and this one is my favorite. Paleo Diet offers a scientifically researched, affordable, balanced, and health-promoting lifestyle choice. So if you are health conscious, this book is best for you. The recipes that are included here are definitely awesome. I had tried some of these recipes and the whole family enjoyed it. Grab this book and enjoy the all kinds of amazing Paleo cuisine!

I always love reading this kind of book! As most people do, I like to read and do research on things that I'm interested in, specially when it's health related. What I like about this book is that, it gives an introduction of what Paleo is, this way even novices like me know what we're getting into. I loved that the author made it fun and enjoyable. The tips provided are really practical so you'll be able to apply it. The recipes are simply divine and, surprisingly, easy to make. Would definitely recommend this book to my friends and family!

This is the best paleo cookbook I have ever observed or bought. This is a significant amazing book which contains a tremendous accumulation of formulas committed to any individual who needs to take after a Paleo as well as Anti-Inflammatory eating regimen! This book is an incredible blend of incendiary eating regimen designs and great recipes. It has abundance formulas for veggie lovers and meat eaters also. It is anything but difficult to utilize and take after and quick for a bustling calendar.

This is a beautiful book. I cooked my first meal out of this last night. All kids and husband approved. The nice thing about what I have read so far, is that a lot of the main dish recipes are actually similar to what I cook already. Just a little change here or there and what to put with them is a little different. Getting them to eat healthy is easy because it is so delicious! Thank you Jennifer!

This is quite an awesome book which contains a huge collection of recipes dedicated to anyone who wants to follow a Paleo and/or Anti-Inflammatory diet! Pretty much anyone can prepare each of these recipes - many of the ingredients can be found in any grocery store, and the instructions are clear, simple, and easy to follow. Just make sure you buy an Instant Pot if you don't own one already.

I love the recipes in this book! They are easy to implement, and most of the ones that I have tried don't require a bunch of strange ingredients, especially once you're acclimated to using paleo substitutions for certain items. This is the best paleo cookbook I have ever seen or bought. Definitely worth the money, and it's a great price to start out with. I highly recommend this book.

A huge collection of paleo recipes. The author Jennifer Evans has done a pretty hard work on creating this book with these collections of recipes with clickable table of contents that make readers to navigate through all recipes easily. Informative useful book with awesome recipes.

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