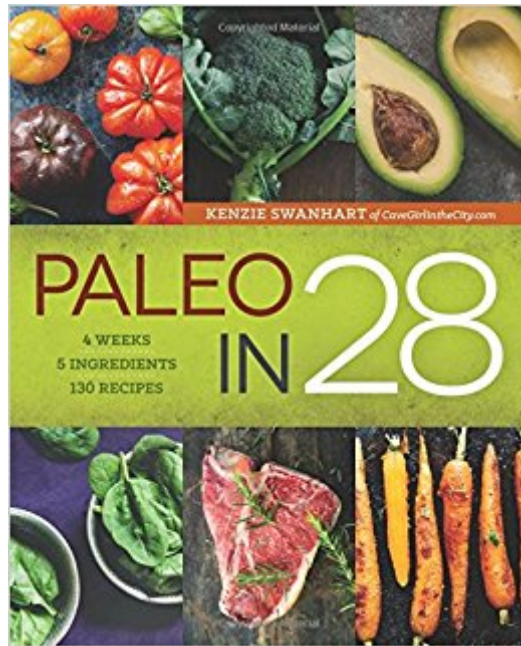




The book was found

Paleo In 28: 4 Weeks, 5 Ingredients, 130 Recipes



Synopsis

Lay the foundation for a healthy lifestyle with Paleo in 28â€™s all-in-one paleo cookbook and diet plan. When it comes to making changes to your diet, getting started is always the hardest part. Thatâ€™s why Paleo in 28 offers you more than just a paleo cookbookâ€”it paves a path to the paleo lifestyle in just four weeks. Featuring tasty recipes and weekly guides to help you reach your goals, Paleo in 28 is your day by day companion for embracing the paleo lifestyle in a sustainable way. A paleo cookbook and diet plan, Paleo in 28 includes: Flexible Weekly Meal Plans for stress-free menu planning and shopping 130 Tasty Recipes that require no more than five ingredients each for quick and easy preparation Handy Charts to help plan your week and track your progress A Comprehensive Overview with everything you need to know to start leading the paleo life As the only paleo cookbook youâ€™ll need, recipe highlights include: Coconut Porridge, Bacon Cauliflower Soup, Sweet Potato Gnocchi, Honey Roasted Salmon, Almond Butter Bars, and much more! Set other paleo cookbooks aside and follow Kenzie Swanhart, author of the popular food blog Cave Girl in the City, as she channels her experiences with the paleo diet here for you to feed on.

Book Information

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Customer Reviews

View larger Perfect Pancakes Yields 4 servings. Prep time: 5 minutes / Cook time: 15 minutes.

I don't make pancakes often, but when I do, I make these. Perfectly fluffy, these pancakes are a special treat on the weekends and for special occasions. Add a handful of blueberries and top with maple syrup for an extra special treat. Ingredients 1/2 cup arrowroot flour 4 tablespoons almond flour 1 teaspoon cinnamon 2 egg 1 cup coconut milk Coconut oil

Instructions 1. Combine the arrowroot flour, almond flour, and cinnamon in a large bowl. 2. Combine the eggs and coconut milk in a small bowl. Whisk well. 3. Add the wet ingredients to the dry ingredients and mix until well combined with no lumps. 4. Heat a large pan over medium heat and grease using coconut oil. 5. When pan is hot, ladle pancake mix onto the pan and let cook 2-3 minutes per side, or until pancake begins to bubble. 6. Repeat until all pancake batter has been used. **Make Ahead Tip** Do you miss the convenience of frozen waffles in the morning? Although pancakes don't make for a healthy breakfast every morning, you can enjoy them even if you don't have time to make a fresh batch. Make a batch (or two) in advance and freeze them. Reheat in the toaster oven to achieve a flaky crust! **Cooking Tip** Prefer waffles to pancakes? This batter can also be used in a waffle iron.

Kenzie Swanhart is the founder and author of the popular food blog Cave Girl in the City. In an effort to find balance and regain a healthy lifestyle after college, Kenzie adopted the Paleo diet. She started her blog to share her successes, resources, and findings with others on a similar journey.

I have been Paleo for at least six months so I can ascertain that her information is correct, but what is so appealing is her presentation! The order of her content is excellent as well as her lists and recommendations. I only wish this had been the first Paleo cookbook that had been available to me!

I received the below mentioned complimentary product for the purpose of this review. All opinions are 100% my own. Every since I heard about the Paleo Diet I have been interested as to what it is really all about. The book Paleo in 28 explains its not just a diet it's also a healthy way of living. The book explains what Paleo is and what it means to eat Paleo. It gives you a list of foods you can and cannot eat along with a 4 week 28 day meal plan. The meal plan list not only lists what to eat that day ,but the recipes which contains 5 primary ingredients or less. The meals were nothing like what I expected. I expected diet food, you know lots of raw veggies and tiny servings. I was wrong. The first day I had Twice Baked Breakfast Sweet Potatoes, Vegetable Soup for lunch and Easy Roasted Chicken and Roasted Broccoli for dinner. There are over 130 delicious recipes

Very expensive way to go Paleo, could use some more description. Shopping lists don't always match up and you will find yourself short ingredients. Knowing what I know now, I would have chosen different recipes. HOWEVER, a great way to get started. Learn what you like and don't, a

set menu to get you through the withdrawal. I'd buy it again!

Great cook book! I have already cooked some recipes from in this. Easy to understand and follow

This is the one to have if you're serious about Paleo.Love the recipes.

I love this cookbook. I bought two and gave one to my daughter. Such good recipes!

Great stuff. It's changing my life.

Awesome book!!! Glad I used this book to begin my Paleo eating lifestyle!!!

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