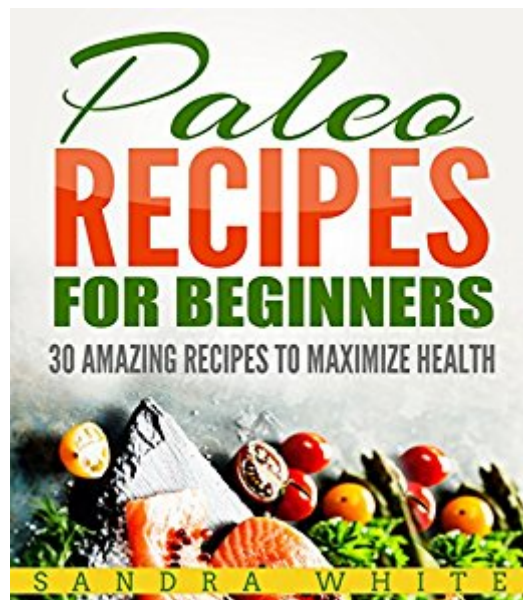




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# **Paleo Recipes: Paleo Recipes For Beginners: 30 Amazing Recipes To Maximize Health (Caveman Diet, Maximize Health, Grain Free, Wheat Free, Dairy Free, Real Food, Detox Recipes, Antioxidants)**



## Synopsis

Learn, why this simple, but thoughtful 30 Paleo Recipes can change your whole life! - Do you want to lose weight?- Are you worried about the chemicals in processed foods millions of people consume on a daily basis?- Do you want to take change, but are overwhelmed with all the overly complex, scientific and unnecessary information a beginner does not need not know at all? Then this book is written exactly for you! This straightforward and comprehensive all-in-one guide to the Paleo lifestyle explains the most natural, primal diet humans evolved to eat. It can support you to feel healthy again, lose massive amounts of unwanted fat and increasing your overall well-being and energy level dramatically! By focusing on low-carb, high-protein meals that remove all processed foods, this Paleo cookbook will help decrease your odds of developing common health ailments such as diabetes, hypertension, heart disease, and more. The ONLY reliable way to heal chronic disease and address weight problems and disease forever is to get to the ROOT of the problem, to find the cause, and then get rid of it and help the body heal. THIS is exactly that you can accomplish with this book for many chronic illnesses. Straightforward yet comprehensive, this Paleo cookbook offers:- A profound introduction to everything you need to know about the paleo lifestyle- the most delicious breakfast recipe for a perfect way to start the day- filling and delightful lunch recipes that provide energy for the day and heal your body - light and tasty dinners which are fast and easy to make Paleo Recipes for Beginners - 30 Amazing Recipes to Maximize Health brings you recipes such as:- Paleo Lemon Popovers - Paleo Muffins - Slow Cooker Paleo Meal - Paleo Breakfast Casserole - Paleo Meal - Paleo Hot Chocolate Pancakes with Salted Dulcified Lard - Paleo Pesto - Paleo Avocado Salad - Paleo Chicken and Cobb Salad and much much more. Along with colorfully written and brilliantly photographed step-by-step recipes presented in a professional cooking format, this book provides everything the Paleo lover's heart desires. So do not hesitate and start your journey to a better life now by adding this book to your cart now! Tags: Cookbook, Meal Plan, Maximize Health, Detox, Detox Recipes, Caveman Diet, Caveman Diet Easy Recipes, Clean Eating, Recovery, Healing, Weight Loss, Healthy Eating, Prevent Disease, Longevity, Quick Meals, Real Food, Antioxidants, Gluten Free, Wheat Free, Grain Free, Dairy Free

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## Customer Reviews

I had no idea the paleo diet allowed for such delicious recipes. I was recently diagnosed with high blood pressure. Since then, I have been looking into healthier eating. I had the wrong idea about this diet and this book helped me to understand, I don't have to give up taste to eat healthy. I can't wait to try some of these wonderful recipes. Thank you.

The book has a great variety of breakfast, dinner and even a few paleo sweet treat recipes as well as great photos of each meal! I love the creative spin on classics like the egg mcmuffin minus the gluten! I appreciate the inspiration the book has given me to try a few new combinations

Paleo Recipes: Paleo Recipes for Beginners: 30 Amazing Recipes to Maximize Health (Maximize Health, Gluten Free, Grain Free, Wheat Free, Dairy Free, Real Food, Antioxidants)Overall: I found this to be an interesting and creative collection of easy enough to follow paleo recipes. They range from simple to complex, and anyone with some basic cooking skills should have no problem following them.Pros: It is easy enough to find almost any recipe you can imagine online, so for a cookbook to be worth buying, it's got to show you something you'd never even think to search for. There are plenty of creative recipes in this collection, although nothing that seemed particularly unique. The recipes were laid out clearly, and easy to follow.The photos in the book are

not the spectacular, sumptuous displays that we have become accustomed to seeing. Instead, they are realistic portrayals of what you can expect. I found that refreshing. Cons: Besides lacking a unique niche in the market place of paleo recipes, this is a fine collection. Recommendation: If you have some experience cooking and are looking for a solid base of paleo recipes, this book is worth picking up.

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