



International Paleo Weight Loss Diet Recipes: 59 Delicious Paleo Perfect, Gluten-Free, Low Carb, Dairy-Free Recipes For You And Your Friends And Family

TAG Powell, Chef Cutting

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Amazon 5-Star Best Seller In Category

59 Simple Paleo Gluten-Free Weight Loss Diet Recipes For Friends and Family.

These delicious meals will fool the anti-healthy food nuts. Enjoy your meals while creating and maintaining your natural mind and body. No more boring tasteless diet punishments as these are delicious and easy to prepare and a joy to share. A great choice of breakfasts, soups, salads, main course and desserts are all genuine Paleo Perfect. Your family and friends will never get bored They don't have to know it Paleo and Gluten-Free.

Whatever don't miss the International Paleo Steak and Mushrooms Recipe one of the many recipes added by Chef Cutting.

As a one of the FREE bonuses you will see the video Chef Cutting preparing his exciting International Paleo Steak and Mushrooms dish, you can follow him step-by-step, if you miss something just rewind the video.

You will also receive 3 Day Paleo Meal Plans to get you started, we even include the 3 Day Meal Plan Shopping List and the best of all you will receive a one year FREE subscription to the International Paleo Recipes Newsletter. You will receive new Paleo Recipes, Paleo cookbook reviews and an occasional video by Chef Cutting.

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Read the Amazon Verified reviews. The book was purchased by the reviewer.

Kim L. - Amazon Verified Purchase

This book has had a considerable amount more effort put into it than the average paleo recipe book. There is an excellent mix of different types of recipes, for different meals, and drawn from recipes found in many parts of the world. It starts with a good basic 'what is the Paleo diet' explanation, for those who have not experienced it before, and goes on to give some truly innovative and delicious sounding recipes. I fully intend to try them all, and to try converting many of my cupcake recipes to Paleo versions

Jim O'Brien Amazon Verified Purchase

So I was looking for something that would give me guidance on the Paleo diet. Too many confusing articles are out there, but this one gave the topic clarity and guidance. Plus, there is an emphasis on organic food

products. That's a plus right there. And these aren't those chi-chi, goofy concoctions that you are used to seeing. The authors here are creative with their choice of recipe items. For example, a Cuban Spinach and Avocado Omelette. Simple ingredients, tons of flavor. My family asks me to prepare those frequently. Maple Glazed Sweet Potato Scones are a perfect change up as a brunch offering. And the Asian Sesame Chicken with the almond butter and ginger is the bomb. You can't go wrong with this recipe book. They've nailed it. Highly recommended.

Raymondo - (New Zealand) - Amazon Verified Purchase

I liked the recipes in this cookbook, they are well presented in logical groups for easy selection and I particularly liked the gluten free aspect. In addition to some great recipes, links to meal plans and other useful information can be accessed from the links within the ebook, a nice inclusion. Eating Paleo and gluten free just makes sense and this book provides the right recipes.

Joyce E. Reid "joyce" (Arizona) -Amazon Verified Purchase

I am new to Paleo so was fascinated by the use of different products in traditional international recipes that I am familiar with. I was convinced. I had to go out and buy some new ingredients that I had never used before but it was well worth it as I experimented with this new method of eating. My kids loved the Crispy Fish Sticks and knowing they were so much more healthy for them than the store bought ones made me willing to make them more often. Salads are something I usually enjoy for lunch and I was amazed at some of the combinations used in these recipes. But amazement quickly turned to yum-yum-yummy. If you are a Paleo fan or are just new to it, you will find this cookbook a great addition to your ebook recipe boo

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From reader reviews:

Thomas Abrams:

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Karen Chan:

As people who live in the modest era should be up-date about what going on or details even knowledge to make all of them keep up with the era that is certainly always change and make progress. Some of you maybe will certainly update themselves by looking at books. It is a good choice to suit your needs but the problems coming to a person is you don't know which you should start with. This International Paleo Weight Loss Diet Recipes: 59 Delicious Paleo Perfect, Gluten-Free, Low Carb, Dairy-Free Recipes For You And Your Friends And Family is our recommendation so you keep up with the world. Why, because this book serves what you want and wish in this era.

Sheila Powell:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their down time with their family, or their own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could possibly be reading a book may be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to test look for book, may be the publication untitled International Paleo Weight Loss Diet Recipes: 59 Delicious Paleo Perfect, Gluten-Free, Low Carb, Dairy-Free Recipes For You And Your Friends And Family can be good book to read. May be it may be best activity to you.

Brenda Robert:

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phenomenal book will give you a lot of rewards than the other book include such as help improving your proficiency and your critical thinking technique. So , still want to hold off having that book? If I have been you I will go to the reserve store hurriedly.

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