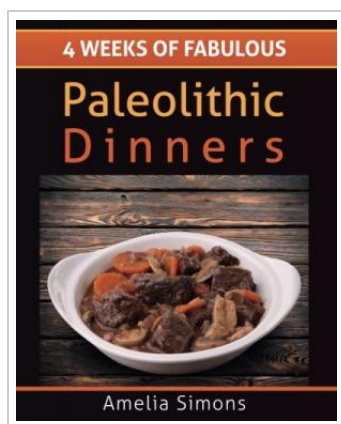




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4 Weeks of Fabulous Paleolithic Dinners - LARGE PRINT 4 Weeks of Fabulous Paleo Recipes Volume 3

By Amelia Simons

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 146 pages. Dimensions: 10.0in. x 8.0in. x 0.3in. Amelia Simons 4 Weeks of Fabulous Paleolithic Dinners is a collection of 30 delicious recipes that will satisfy the hungriest appetites. As many people are choosing to eat healthier as well as desiring to lose weight, they are enthusiastically turning to a Paleolithic lifestyle consisting of a low-carb diet rich in healthy meats, fish, seafood, vegetables, good fats, nuts, and seeds. Some of the scrumptious recipes you will find in this cookbook are: Roast with a Rub Homemade Buffalo Chicken Slow and Easy Jambalaya Nutty Flounder Spicy Italian Pork Also included in this cookbook is an overview of the Paleolithic lifestyle that will give you a quick, easy-to-follow guide of the foods recommended and ones to avoid. What buyers are saying about 4 Weeks of Fabulous Paleolithic Dinners: I have tried many of the recipes in the book and have liked all that I tried. This cookbook is a great resource that offers variety for a grain-free diet and a tasty way to eat clean. This book helped us to come up with some new family favorites. . . A...



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