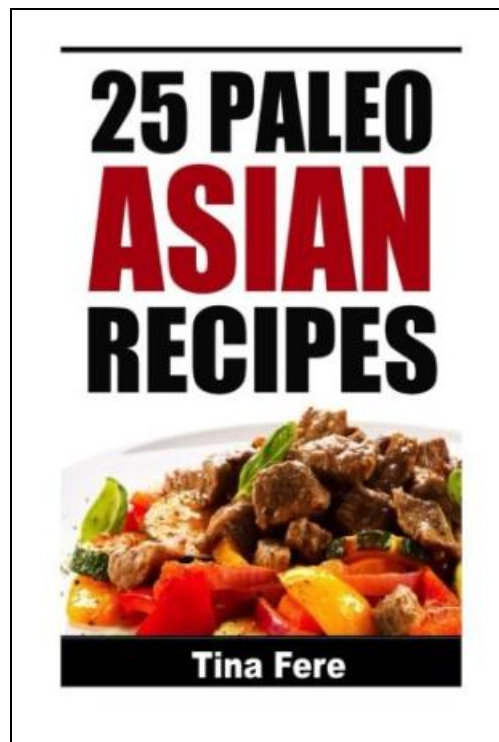


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Asian Cuisine is known to be one of the best cuisines in the world-it s rich, tasty and flavorful and that s why so many people flock to different countries in Asia just to try their delicacies. Meanwhile, the Paleo Diet is gaining the curiosity of many because it can give a person lot of healthy benefits. For one, it aids in weight loss. It also protects the body against various diseases such as Cancer and Heart Ailments plus with the kind of world we live in today, it s so easy to just come up with your own kind of Paleo dishes that will prove to be delicious but healthy, too. What happens when you mix Asian Cuisine with Paleo Diet? Well, you get to taste extremely delectable dishes that not only will help you lose weight but can protect you against various health problems, too! With the help of this 25 Paleo Asian Recipes, you will get to learn Paleo Asian dishes that are perfect for breakfast, lunch, dinner, snacks and desserts, such as: Bacon and Avocado Omelet; Shrimp and Mushroom Quiche; Filipino Style Roasted Chicken with Veggies; Beefy Japanese Curry; Chinese Orange Chicken; Shabu-Shabu Paleo Platter; Duck Paleo Okonomiyaki; Pork Aloha Skewers; Salted Duck Eggs with French Beans; Steak Lettuce Wraps with Quick Pickles; Awesome Ais Batu Campur (ABC); Milky Melon with Sago; And Jelly Mountain Paradise, amongst others! Aside from these great recipes, you will also learn why you should use the ingredients mentioned in this book and how each of these dishes can be healthy for you. Interesting Facts about some of the recipes can also be found here. It s important to get informed...

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