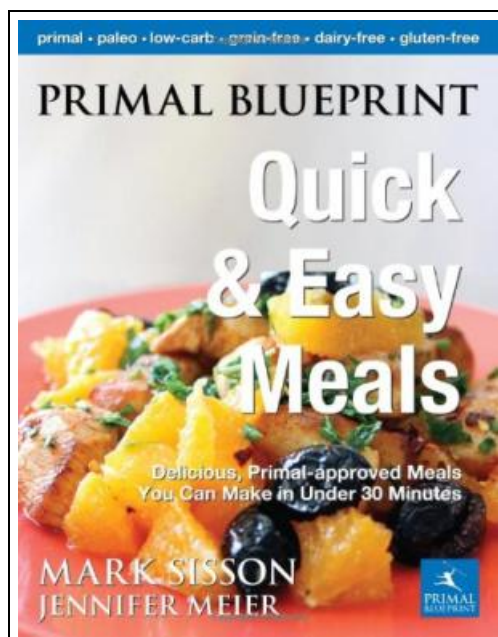


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PRIMAL BLUEPRINT QUICK EASY MEALS: DELICIOUS, PRIMAL-APPROVED MEALS YOU CAN MAKE IN UNDER 30 MINUTES (HARDBACK)



Primal Nutrition, Inc, United States, 2011. Hardback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Since it s initial release in 2011, Primal Blueprint QuickEasy Meals has become one of the best-selling primal/paleo cookbooks of all time, presenting over 100 simple, quick preparations for breakfast, lunch, dinner, appetizers, snacks, sauces, toppings and rubs. All the recipes are designed with speed and efficiency in mind. While at times a prolonged gourmet meal preparation experience can be fun, the reality of hectic daily life can often compromise your healthy eating goals. With Primal Blueprint QuickEasy Meals, you can discover numerous go-to meals that will help you stay on track with your healthy eating goals even when you don t have much time to cook. Mark Sisson and chef/food writer/photographer Jennifer Meier show you how to delight your family or guests every time with quick, delicious meals using local produce, CSA meats, healthy fats (yes, and real butter) and nutrient powerhouse herbs and spices. The recipes are free of grains, refined vegetable oils, and added sugars that are the most objectionable elements of the modern diet. Each recipe has a naturally low glycemic impact and comes with a complete macronutrient profile, so you know exactly what you re putting in your body - no guesswork required. Each recipe also has a Time in the Kitchen value, so you ll know exactly what to expect, be it 30 minutes or 5. As you build momentum for Primal eating, you ll find that you won t even miss the boring, low-fat, high-carb foods that previously were the central focus of your diet. And no matter your experience in the kitchen, you ll learn how to...

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