



The Paleo Diet Recipe Book: The BIG Paleo Cookbook, 14-Day Meal Plan and Tips - Gluten Free, Dairy Free, Allergy Free, Soy Free, Wheat Free Cookbook

Diane Sharpe

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The Big Paleo Diet Recipe Book With Gluten Free, Wheat Free, Dairy Free, Egg Free, Soy Free Recipes

The Paleo Cookbook with over 170 Delicious Paleo Recipes including a 14-Day Paleo Diet Meal Plan
UPDATED: 2nd Edition

Enjoy *170 Paleo Diet recipes* to help you eat well, lose weight, fight allergies and revitalize your health. It includes breakfast, lunch, dinner, soup and salads, side dishes, condiments, desserts, drinks and a 14-Day diet plan to get you going.

Eat the way we were created to eat with the ultimate collection of over 170 Paleo diet recipes. Diane Sharpe's Paleo diet recipe book provides a simple blueprint to give you the best chance at having success on the Paleo diet. Here is a summary of what is included:

- A quick overview of the Paleo diet and its proven benefits
- Over 170 healthy and authentic Paleo diet recipes
- Delicious Paleo breakfasts, lunches, dinners, appetizers, side dishes, snacks, desserts, condiments and beverages
- A 14-Day Paleo meal plan to get you started
- Paleo diet tips, techniques and strategies

These recipes are designed with natural whole foods that are grain-free, sugar-free, dairy-free, gluten-free and allergy-free.

The Paleo diet is a proven lean protein and low-carb diet with a strong emphasis on unprocessed nutrient-rich foods. It is the healthiest nutritional approach to help you achieve:

- Speedy and permanent weight loss
- Increased metabolism
- Real suppression over allergy attacks
- Easy appetite control
- Stronger immune system
- Stress relief
- Increased fertility
- Plus more...

With this Paleo diet recipe book you'll be able to live your healthiest life by staying lean, strong and full of energy while eating satisfying and delicious meals.

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