



40 Top Paleo Recipes - Quick and Easy Paleo Diet Recipes For Weight Loss & Optimum Health (Paleolithic Diet Cookbook)

By Jenny Allan

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Are you looking for a healthier diet? Searching for easy to prepare, delicious meals the whole family will love?

The Paleo diet is based on the nutritional needs of our bodies. An assimilation of the diet eaten by the pre- agriculture, Hunter/Gatherers. It includes all foods that can be grown, caught or collected. What better diet to eat than the natural one?

Fresh, organic and free-range foods have the highest nutritional value, taste sublime and are simple to prepare. Make a single serving or make enough to feed the whole family. They are easy to adapt to any need or taste.

- * Habanero Chicken
- * Pesto Fillets
- * Turkey sausage Casserole
- * Walnut Banana Bread
- * Best Fried Beef
- * Almond Buckwheat Muffins
- * Cranny Scones
- * Breakfast Cereal
- * Tasty Lamb Meatballs
- * Beef and Bacon Mini Meatloaf

Paleo is tasty, nutritious and so easy to make. Give your body a treat and feed it a Paleolithic diet today!

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Donna Moore:

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