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## Paleo Lunches and Breakfasts On the Go: The Solution to Gluten-Free Eating All Day Long with Delicious, Easy and Portable Primal Meals

By Rodgers, Diana

Page Street Publishing, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!

Summary: "Diana is one of the most important people in the burgeoning sustainable food story and greater Paleo food movement." Robb Wolf, author of The Paleo Solution "Working mom. Busy practitioner. Grad student. Writer. Diana is all of these things and more - so if you're looking for someone who understands a go-go-go lifestyle, the buck stops here. Busy people need the right tools to stay healthy, and this book puts those tools all in one place. (And it's NEVER boring or bland - these recipes are yummy and fun!) Finally - someone who understands how to make life easy; food delicious; and healthy living as rewarding and simple as it's meant to be!" Liz Wolfe, author of Modern Cave Girl "One of the biggest challenges I see patients face when adopting a Paleo diet is incorporating it into their daily life. It can be daunting for a busy professional or a mother to cook breakfast and lunch on top of dinner every day, but Diana's book offers 100 delicious yet simple recipes to make this as easy as possible. It's an excellent...



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### Reviews

*Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.*

-- **Joshua Gerhold PhD**

*A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.*

-- **Meagan Roob**