

Primal Cravings: Your Favorite Foods Made Paleo



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Reviews

Good e-book and helpful one. It can be written in basic phrases rather than confusing. I realized this ebook from my i and dad recommended this book to find out.
(Ozella Batz)

PRIMAL CRAVINGS: YOUR FAVORITE FOODS MADE PALEO

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Primal Nutrition. Hardcover. Book Condition: New. Hardcover. 280 pages. Thin mint cookies, strawberry shortcake waffles, carrot cake cream pie, pumpkin chili, ten different bacon preparations. With Primal Cravings, you can enjoy all this and much more, and still stay aligned with the Primalpaleo eating strategy! Inside you'll find assorted breakfasts, meat and main dishes, sides and salads, snacks, sweets and basics like bread, sauces, and dressings that are low-sugar, grain-free, gluten-free, and industrial oil-free all accompanied by full color photos. Even when weight loss and health benefits abound, it can be a challenge for Primalpaleo eaters to avoid comfort foods that have been part of a daily routine for decades. Humans crave delicious food, and even the most disciplined and willful among us can become bored and wayward eating bland, repetitive meals. If you've been missing or looking for healthy, innovative ways to make All-American fare like breakfast egg dishes, waffles and pancakes, muffins, burgers, chili, pizza, chips, baked goods (cakes, pies, cookies, crackers, brownies) and frozen desserts; or global cuisine like gyros, spanakopita, moo shu, barbacoa, tacos, tikka masala and other favorites, Primal Cravings will open up a whole new world of pleasurable, Primal-approved possibilities. Based in South Carolina, authors Brandon and Megan Keatley created Primal Cravings on the momentum of their popular Health-Bent.com website a treasure trove of PrimalPaleo recipes, workout tips and motivational messages. These kitchen whizzes and expert-level fitness coaches present Primal Cravings on the heels of several years of research, experimentation and perfecting recipes in their home kitchen. The recipes are organized in a clear, easy-to-navigate format, with detailed macronutrient calculations for each preparation. Besides the recipes, the Keatleys provide helpful commentary on the nature of food cravings and how to manage them with a flexible, realistic approach; and how to transition from emotional, habitual, reactive eating habits to...

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