



Super Paleo Snacks: 100 Delicious Low-Glycemic, Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying

By Landria Voigt

Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, Super Paleo Snacks: 100 Delicious Low-Glycemic, Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying, Landria Voigt, What's a Paleo-lover to do? Snacks are essential for making sure we get the proper amount of nutrients. They refuel our bodies and allow us to be productive at work, school and during fitness activities. But it's so difficult to find a snack that isn't processed, boxed, or GMO. You need snacks that to feel good about, that are portable, appealing, inexpensive, and easy to make. That's a tall order. Luckily, there is Landria Voigt's Super Paleo Snacks. With over 100 recipes using Paleo superfoods like coconut, avocado, sweet potatoes, and almond, you are on your way to amazing health benefits including reduced incidence of diabetes, autoimmune illnesses, cancer, and neurodegenerative diseases. These recipes are quick and easy to make, most take under 15 minutes to prepare! Try every easy Paleo-approved recipe for enjoyable bites, treats, and munchies. You'll always have something healthy, natural, and delicious for snacking!.



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