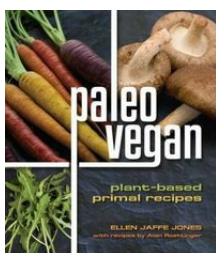


# PALEO VEGAN: PLANT-BASED PRIMAL RECIPES

Paleo diets hold a lot of appeal for athletes, people who want to lose weight quickly, and those who prefer to avoid processed foods in favour of eating more naturally. But with their heavy emphasis on meat, paleo cookbooks have had little to offer vegans - until now. Ellen Jaffe Jones - a certified personal trainer, running coach, and...



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### Paleo Vegan: Plant-Based Primal Recipes

Author	Ellen Jaffe Jones
Original Book Format	Paperback
Number of Pages	137 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	3.34 MB

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## Reader's Opinions

I expect a lot more from my cookbooks than what was offered in PALEO VEGAN: PLANT-BASED PRIMAL RECIPES by Ellen Jaffe Jones with recipes by Alan Roettinger. It is a 137 page paperback with ten chapters. The first 23 pages cover the paleo philosophy of...

the added challenge of vegan as opposed to vegetarian is tackled, with some rules that differ from those for vegetarians. helpful resource.