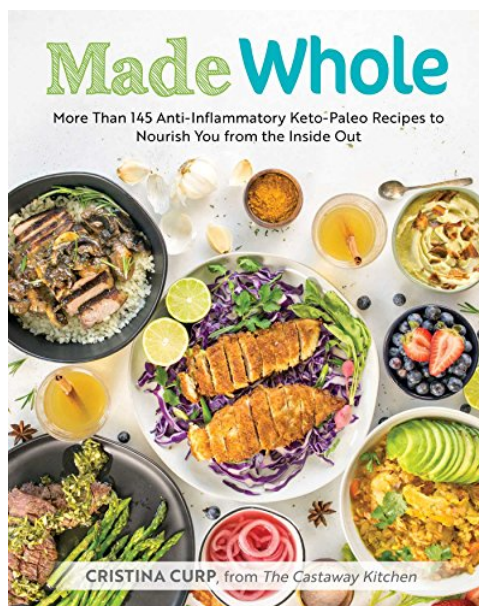


ngdbv [Download] Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out



CONTINUE ►

Cristina Curp, the creator of the popular food blog and wellness site The Castaway Kitchen, delivers everything you need to do away with diets and discover the right nutritional path for you in her new book, *Made Whole*. *Made Whole* is a comprehensive cookbook and resource guide that combines the Paleo approach with the low-carb/ketogenic diet, using only whole, natural, unprocessed ingredients. Cristina includes all the tools you need to be successful on a ketogenic diet, along with advice and how-tos for using the keto template to eat intuitively and develop a personalized nutrition plan based on your unique needs. Each recipe is free of grain, gluten, sugar, and dairy, along with nuts, starches, nightshades, and alcohol making this a perfect cookbook for those following keto, Paleo, low-carb, AIP, or allergen-free diets. Cristinas eclectic and mouthwatering recipes draw inspiration from international cuisines to keep cooking fun and exciting. You will feel like a gourmet chef with easy-to-make meals prepared from accessible ingredients that you can find at your local grocer using just the one master list that she provides in the book! *Made Whole* is a user-friendly guide to cooking beautiful food, eating well, and enjoying every last bite, while reaching your health and fitness goals. Sample recipes include: Chewy Chocolate Chip Cookies Turkey Falafel with Tzatziki Sauce Spaghetti and Meatballs with Roasted Beet Marinara Toasted Coconut Salmon Savory Flax Waffles and many more! *Made Whole* will teach you that healthy food doesn't have to fit into a certain label, box, or idea of what it should be. Once you begin to forget about what you can't eat and embrace the wonderful and delicious things you can eat, you will find freedom and pleasure in fueling your body with the most exceptional sustenance that nature has to offer.

Cristina Curp, the creator of the popular food blog and wellness site The Castaway Kitchen, delivers everything you need to do away with diets and discover the right nutritional path for you in her new book, *Made Whole*. *Made Whole* is a comprehensive cookbook and resource guide that combines the Paleo approach with the low-carb/ketogenic diet, using only whole, natural, unprocessed ingredients. Cristina includes all the tools you need to be successful on a ketogenic diet, along with advice and how-tos for using the keto template to eat intuitively and develop a personalized nutrition plan based on your unique needs. Each recipe is free of grain, gluten, sugar, and dairy, along with nuts, starches, nightshades, and alcohol making this a perfect cookbook for those following keto, Paleo, low-carb, AIP, or allergen-free diets. Cristinas eclectic and mouthwatering recipes draw inspiration from international cuisines to keep cooking fun and exciting. You will feel like a gourmet chef with easy-to-make meals prepared from accessible ingredients that you can find at your local grocer using just the one master list that she provides in the book! *Made Whole* is a user-friendly guide to cooking beautiful food, eating well, and enjoying every last bite, while reaching your health and fitness goals. Sample recipes include: Chewy Chocolate Chip Cookies Turkey Falafel with Tzatziki Sauce Spaghetti and Meatballs with Roasted Beet Marinara Toasted Coconut Salmon Savory Flax Waffles and many more! *Made Whole* will teach you that healthy food doesn't have to fit into a certain label, box, or idea of what it should be. Once you begin to forget about what you can't eat and embrace the wonderful and delicious things you can eat, you will find freedom and pleasure in fueling your body with the most exceptional sustenance that nature has to offer.

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out pdf free

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out epub download

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out online

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out epub download

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out epub vk

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out pdf download

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out read online

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out epub

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out vk

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out pdf

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out amazon

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out free download pdf

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out mobi

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out PDF - KINDLE - EPUB - MOBI

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out download ebook PDF EPUB, book in english language

[download] Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out in format PDF

Made Whole: More Than 145 Anti-Inflammatory Keto-Paleo Recipes to Nourish You from the Inside Out download free of book in format