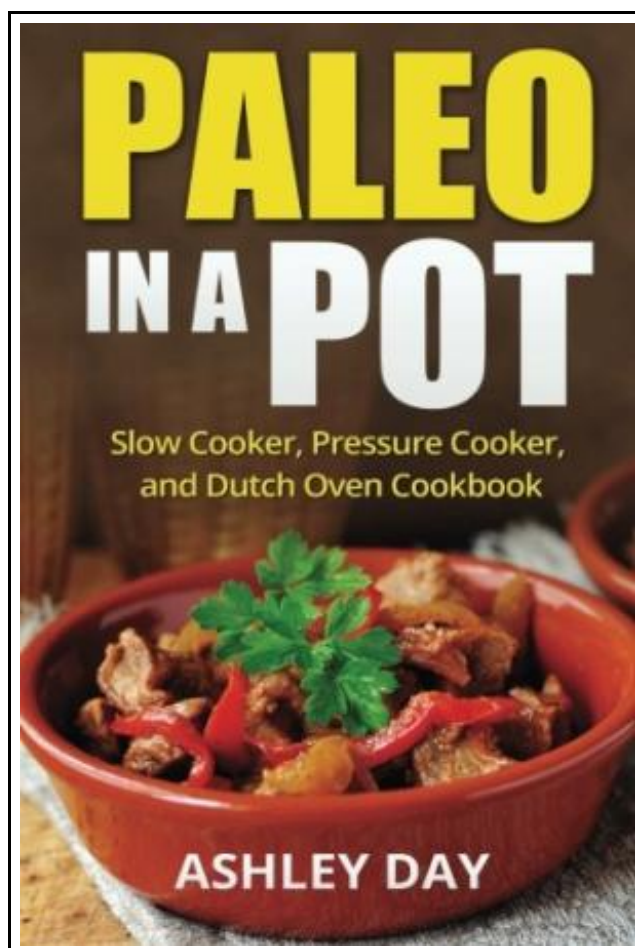


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Paleo diet is based on the eating habits of our Paleolithic-era ancestors and it only includes foods that would have been available to humans prior to the birth of agriculture. The Paleo diet is not so much a diet as a lifestyle choice that can help you to improve your eating habits, boost your nutrition, and change your life. If you are ready to give the Paleo diet a try, this book is the perfect place to start. In this book you will receive: An introduction to the Paleo diet with foods included in the diet A collection of easy Paleo recipes for the slow cooker and the pressure cooker Delicious Paleo recipes you can prepare on the stove in your Dutch oven By the time you finish this book you will have a good idea what the Paleo diet is and you will be prepared to try your hand at Paleo cooking for the family.



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