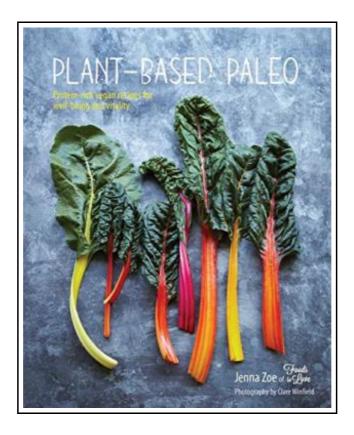
Plant-Based Paleo: Protein-Rich Vegan Recipes for Well-Being and Vitality



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Reviews

This written book is excellent. It typically is not going to price a lot of. I found out this book from my dad and i encouraged this book to discover.

(Darrin Abbott)

PLANT-BASED PALEO: PROTEIN-RICH VEGAN RECIPES FOR WELL-BEING AND VITALITY



Ryland, Peters & Small Ltd. Hardback. Book Condition: new. BRAND NEW, Plant-Based Paleo: Protein-Rich Vegan Recipes for Well-Being and Vitality, Zoe Jenna, Discover how our ancestors ate with more than 60 inventive and exciting,easy-to-prepare vegan paleo recipes that use a wide range of foragedingredients including seeds, sprouted grains, fruits and vegetables. Plant-based Paleohelps you understand the paleo approach to vegan nutrition andcreate clean foods that your body will harness for sustenance, well-being and vitality. Humans are the only animals who cook their food. Sources saythat before we learned to hunt, we ate a raw diet comprised of what we couldgather in the wilderness. The plant-based diet gave us everything we neededthen, and it does now! Plant proteins are easier for the body to absorb thananimal proteins because they have far less saturated fat and are high incalcium, absorbed from soil. Plant-based paleo goes straight to the source for this and much, much more, to unlock the nutritional secrets of the past to lead to a naturally healthier future. Jenna Zoehas created recipes to beenjoyed at any time of the day. Try Hemp Tabbouleh, Kale & Avocado Salad,Sweet Potato Gnocchi, Raw Sushi, Cauli-Pops, Eggplant bacon, Raw PadThai, Green Curry with Jicama Rice, Coconut Yogurt or Mango Blueberry Tart.

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