



Paleo Diet Recipes: The 36 Best Paleo Diet Recipes to Drop 2 Waist Sizes in 2 Weeks (Paperback)

By Michael Jessimy

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Paleo Diet Recipes: The 36 Best Paleo Diet Recipes to Drop 2 Waist Sizes in 2 Weeks Ahhh, Paleo Diet Recipes, everyone thinks they re a chef right? Sure you can whip up a few veggies and lean meat, but is it really keeping true to Paleo Diet Principles? Probably not, but no need to panic- with your kindle in the kitchen, I can turn you into Martha Stewart s apprentice! This isn t by any means the paleo cookbook containing a zillion recipes- rather it contains enough to get you started in the right direction, and I will hold your hand while you pass the toughest time; the first 7 days. After that? You re on your own! Not exactly, as you should have gained important insight into what a paleo recipe book generally contains, and be able to whip up your own paleo diet recipes! And trust me; I m by no means a 5 star cook, but it just goes to show the simplicity of following a paleo recipe book and the paleo diet. In...



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