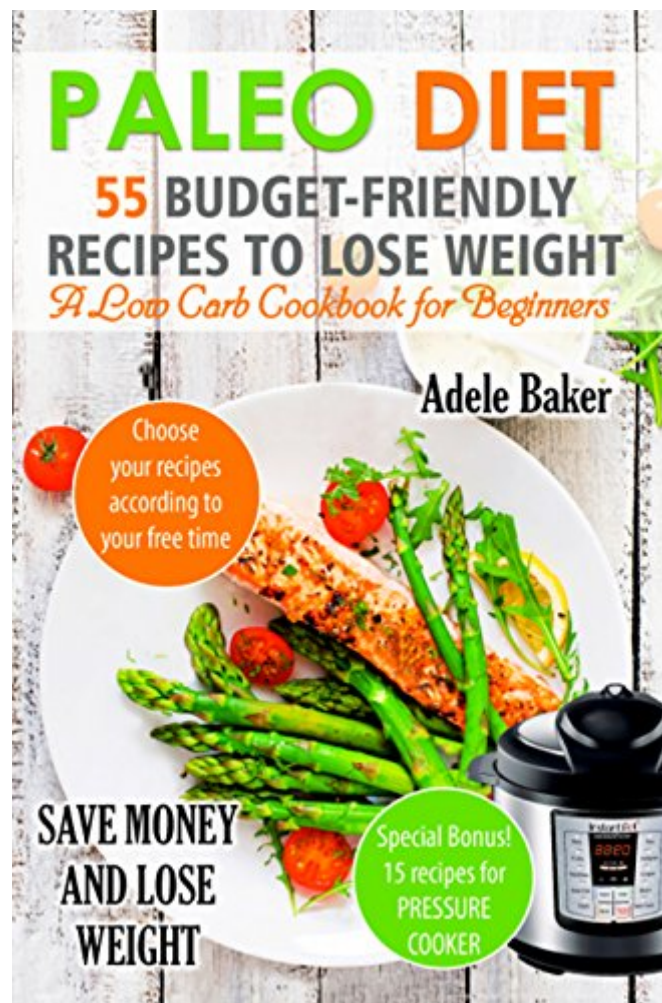


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# Paleo Diet: 55 Budget-Friendly Recipes To Lose Weight. A Low Carb Cookbook For Beginners. (Paleo Recipes, Paleo Cookbook For Weight Loss, Paleo Diet, Paleo Cookbook) (weight Loss Book)





## Synopsis

PLEASE NOTE: You DON'T need a Kindle to buy this book. It's available for immediate reading with your virtual cloud reader. SPECIAL DISCOUNT PRICING: \$1.99! Regularly priced: \$4.99. Today, the Paleo diet is considered to be one of the most popular methods to lose weight for models, Hollywood's actors and actresses, and also a common program for muscle-mass gain in athletes and those involved in fitness. What could be better than eating healthy, tasty food and not ruining your budget? The answer is simple â€” The Paleo diet. With the cookbook, 55 Budget-Friendly Recipes to Lose Weight, you get the secrets of how to prepare inexpensive meals with lean meats and fish, fresh fruits, snacks, and grilled vegetables. Thanks to this book you will learn: what food you can eat freely, and what food you should stay away from; cutlery and gadgets which will facilitate making food and will be useful for all who choose the Paleo lifestyle; tips for Paleo shopping on a budget. All recipes are supported with mouth-watering images. The â€œwow-factorâ€• in this book is that all recipes are grouped according to how much free time you have to prepare your meal. No longer a well-kept secret of the diet industry, Paleo nutrition, in combination with physical exercise, contributes not only to loss of excess weight, but also to the influx of vigor and energy and improvement of general health. Here is a list of some recipes to try: Tasty Guacamole Salad, Paleo Breakfast Burrito, Strawberry Mint Salad, Crispy Pork Tenderloin, Mexican Beef Stew (Pressure cooker recipe). Just remember! Investment in your health is the best present that you could ever make for yourself. Be Happy! Be Healthy! Use these recipes, and start cooking today. As a GIFT, at the end of the book I'll give you a BONUS - FREE Recipes eBook!!! Please note! Two options of the Paperback are available: Full-color edition - up to \$24.99 (approximate price); Black and white edition - \$8.53. Simply press "See all formats and editions" above the price. Â© 2017 All Rights Reserved! \*Tags: paleo diet, paleo, paleo cookbook, paleo solution, paleo diet cookbook, paleo diet recipes, paleo slow cooker, paleo recipes, paleo recipes cookbook, paleo comfort foods, paleo diet for athletes, paleo recipe book, paleo diet recipes, paleo desserts, paleo diet kindle, paleo diet solution, paleo diet for runners, gluten free paleo diet, paleo gluten free diet, the paleo diet, paleo recipes instant pot, instant pot recipes book, recipes for pressure cooker, healthy food recipes, Instant Pot Cookbook, Pressure Cooker Recipes, Slow Cooking, Paleo, Vegan, Health

## Book Information

File Size: 10511 KB

Print Length: 93 pages

Publisher: Pulsar Publishing Company (April 17, 2017)

Publication Date: April 17, 2017

Sold by:Â Digital Services LLC

Language: English

ASIN: B06ZXX6Q5S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #260,111 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

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## Customer Reviews

I picked this Paleo Cookbook up after reading "Life it not Diet" and I thought it was a perfect addition, since it is based on similar principles. The book starts with an excellent introduction to what paleo diet is all about, and even informs the reader about the Paleo Lifestyle. Therefore it has much more value than a simple cookbook. Furthermore, chapter 2 provides with some ideas of useful cooking appliances, which, I am sure, the caveman would have enjoyed very much as well. Let's have a look at the recipes. They are a m a z i n g ! Whoever thought that Paleo Diet is synonym of poor preparation and bland boring dishes will learn better here. Paleo or not paleo, these recipes will please everybody, in addition to being low carb and a healthier alternative to most people's actual food choices. Try out the delicious Pina Colada Chicken.

I was looking for exactly this type of cookbook since last month. Anyways, I grabbed this book two weeks ago and found it so helpful. Actually, I love to read Recipe Book whenever I get few free times. Two weeks ago after hearing my interest on Paleo diet & its recipes, my elder cousin told & suggested me about this cookbook I just followed his suggestion and this book didn't disappoint me. I really loved & liked all these recipes that what I learned from here. The author

ÂçÂ ÂœAdele BarkerÂçÂ Â• has done an excellent job and described all these recipes & essential things about Paleo diet so clearly. I am pretty sure a newbie will not get any hassle or trouble to learn these recipes. Lastly, this is my honest opinion about the quality of this book & I would like to recommend thisÂ cookbookÂ to all interested readers.

To make eating healthy a lasting habit, I started with paleo diet. I read that this diet is also helpful to loss the weight, which is quite important for me. So, I downloaded more than a dozen books on the topic and found this one to be among the best. It was a good idea to scale recipes to different preparation times. I already tried some of the recipes that look delicious and healthy at the same time. They were easy to follow and pretty tasty. Important, they didn't contain any of the hard-to-find ingredients. I feel this cookbook can pave the path for a healthier life, making today healthier than yesterday.

Today, the Paleo eating routine is thought to be a standout amongst the most well known techniques to get in shape for models, Hollywood's performing artists and on-screen characters, and furthermore a typical program for bulk pick up in competitors and those included in wellness. The "stunning component" in this book is that all formulas are gathered by how much available time you need to set up your supper. No longer a well-kept mystery of the eating regimen industry, Paleo nourishment, in blend with physical exercise, contributes to loss of overabundance weight, as well as to the flood of life and vitality and change of general wellbeing. it has opened my eyes up to the many spending benevolent alternatives that are really accessible.

This is an excellent guide for those who wants to lose weight and plan to try the paleo diet. It describes the benefits of this diet; foods that can be and can not be eaten; very useful cutlery and gadgets that are designed to simplify and diversify cooking process. And the recipes look fantastic!! I liked delicious photos, nutritional information and the cooking process doesn't take a lot of time

Indeed, trans fats and sugar impact your health a lot. I assume, our ancestors consumed raw plant food like fruits, vegetables, nuts, and seeds. Ingesting totally unprocessed animal food doesn't look good for me though. In most cases, you need to cook meat and fish. So, the cookbook with appropriate recipes will be helpful. This one is really good.

I tried a lot of diets, but Paleo suits me the most. Thanks to this book, I learned to cook a lot of tasty

and not expensive meals. It is very pleasant that the author made an emphasis on the budget dishes. I really appreciate this and will give this book to my family and friends.

I've always been curious about the Paleo Diet as I've heard many of my friends discussing it and telling me great things. I stumbled across this book and am very glad that I did because it has opened my eyes up to the many budget friendly options that are actually available. In particular, the Paleo Fish & Chips and the Pina Colada Chicken were my favourites!! I highly recommend taking a look at the recipes here, you won't regret it!

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