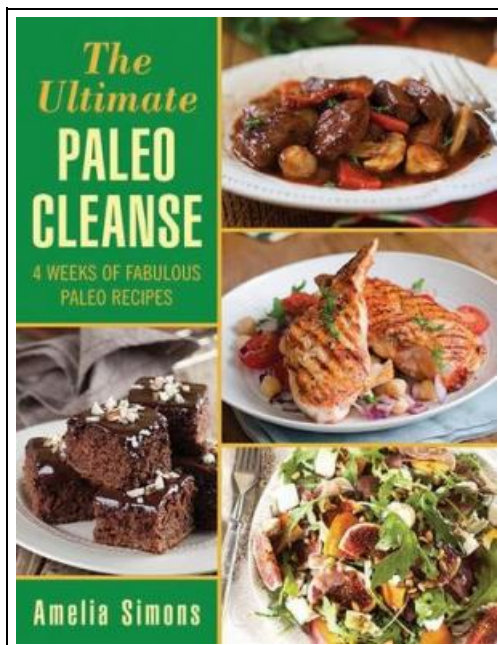


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THE ULTIMATE PALEO CLEANSE: 4 WEEKS OF FABULOUS PALEO RECIPES (HARDBACK)



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Skyhorse Publishing, United States, 2014. Hardback. Condition: New. Language: English . Brand New Book. The first step to becoming healthier can often be the hardest to take. The Ultimate Paleo Collection helps ease this transition by providing a fantastic starting point with a detailed menu covering breakfast, lunch, and dinner ideas over a four-week period. There s no better way to begin your road to success than with these simple, flavorful meals. Within The Ultimate Paleo Collection, readers will find a wide range of recipes covering every meal from breakfast to lunch and dinner, including scrumptious grain-free, gluten-free appetizers and desserts. Some of the delicious choices you ll find in this collection are: * Delicious quiche cups * Hearty sauteed peach salad * Grilled chicken breasts with garlic * Garlic hummus * Chocolate coconut pudding * And many different muffin, bread, and pancake recipes! Also included in this cookbook is an overview of the paleo lifestyle that will give you a quick, easy-to-follow guide of the recommended foods and the ones to avoid. Learn how to transform some of your favorite traditional dishes like waffles and muffins into paleo-friendly ones. Improving your health has never been easier! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We ve been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we...



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