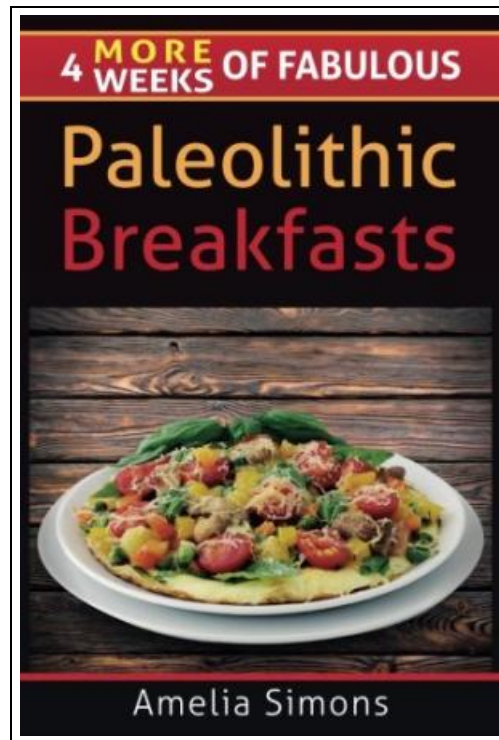


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4 MORE WEEKS OF FABULOUS PALEOLITHIC BREAKFASTS (PAPERBACK)



Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Just like you found in 4 Weeks of Fabulous Paleolithic Breakfasts, you will find all new recipes to help you start your day. 4 MORE Weeks of Fabulous Paleolithic Breakfasts is a collection of 28 delicious recipes to help you start your day with healthy and satisfying dishes without grains and gluten. As many people are choosing to eat healthier as well as desiring to lose weight, they are enthusiastically turning to a Paleolithic lifestyle consisting of a low-carb diet rich in healthy meats, fish, seafood, vegetables, good fats, nuts, and seeds. Some of the delicious breakfast recipes included in this cookbook are: Crustless Quiche French Toast Raspberry Pancakes Crunchy Granola Morning Coffee Smoothie Also included in this cookbook is an overview of the Paleolithic lifestyle that will give you a quick, easy-to-follow guide of the foods recommended and ones to avoid. Buyers of 4 MORE Weeks of Fabulous Paleolithic Breakfasts are saying: The banana nut bread is amazing and my non-paleo friends were totally impressed at how good it tasted. Very easy to follow recipes. There are some really great choices in this little book. Loved the quick and easy recipes. This gives me the opportunity to prepare breakfast for the week without the hassle of making it every morning.



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