

Real Life Paleo 175 Gluten-Free Recipes, Meal Ideas, and an Easy 3-Phased Approach to Lose Weight Gain Health



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Reviews

This book is really gripping and interesting. Of course, it is actually perform, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).
(Claud Schaden)

REAL LIFE PALEO 175 GLUTEN-FREE RECIPES, MEAL IDEAS, AND AN EASY 3-PHASED APPROACH TO LOSE WEIGHT GAIN HEALTH

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Victory Belt Publishing. Paperback. Condition: New. 368 pages. Dimensions: 0.0in. x 8.0in. x 10.0in. You've heard great things, you've read the success stories, and you're ready to try the Paleo lifestyle but in a world filled with bread, pizza, and cookies, it can be hard to get started and easy to fall off the wagon. What you need is a guide to help you transition, a three-step plan for sticking with Paleo, and a cookbook with easy, everyday Paleo recipes. What you need is Real Life Paleo. Real Life Paleo takes a practical approach to going Paleo with three simple steps that Stacy Toth and Matt McCarr, creators of the popular blog Paleo Parents, used to lose a combined 200 pounds and improve the health of their whole family. The Swap, Remove, Heal method is easy for anyone to follow, no matter where you are in your journey: first, swap healthier versions of packaged foods for ones full of processed, damaging ingredients; then remove unhealthy foods entirely; and finally, add healing, nutritious foods to your diet. Stacy and Matt also provide you with all the tools you need to make the switch to a Paleo lifestyle for good: Over 175 delicious recipes: With so many Paleo-friendly recipes, figuring out what to eat will never be a problem. Plus, the meal plans and menu ideas help you turn individual recipes into balanced meals. There are even holiday menu ideas to help you plan for special occasions and on-the-go snack ideas, so that last-minute meal before you have to rush out the door can be a healthy one. Handy how-to section: With practical tips aimed at real-life solutions to common concerns, the how-tos make it easy to replace allergens in recipes, find substitutes for unhealthy staples such as pasta and bread, and make everyday...



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