



## Paleo Diet Beginners Cookbook: 100 Easy Creative Paleo Recipes for Beginners (Paperback)

By Mark Daily

Salem Fox Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If you re just getting started on a Paleo diet, many of the recipes can be daunting. From food processors to ingredients that will require more energy to hunt down than they ll give you in return, many Paleo recipes are a lot of work. Paleo Diet Beginners Cookbook is jam-packed with easy recipes for those who are new to the Paleo diet and are ready to get started making delicious, ultra-healthy recipes fast. From breakfast in the morning to dessert in the evening, we ve got you covered with tons of Paleo recipes for every step of the way.



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