



The Big 15 Paleo Cookbook: 15 Fundamental Ingredients, 150 Paleo Diet Recipes, 450 Variations (Paperback)

By Megan Flynn Peterson

Callisto Media Inc., United States, 2020. Paperback. Condition: New. Language: English . Brand New Book. You don t have to be on a paleo diet to enjoy the recipes in The Big 15 Paleo Cookbook-you just have to enjoy eating real, healthy food. Though if you do follow a paleo diet, you ll really enjoy this book. I love that all of the recipes contain whole ingredients and are easy to prepare, with variations to suit your taste buds. -Michelle Bianchetto, author of the blog Unshelled Going Paleo doesn t have to mean going crazy. Wasting time, energy, and money on expensive ingredients and difficult recipes is the last thing anyone needs when trying to adopt a new way of eating. But knowing how and where to start can be a challenge. In The Big 15 Paleo Cookbook, Megan Flynn Peterson shows you how to get everything you want in a healthy diet, and avoid everything you don t. Megan s journey into eating paleo started in 2011 after a year of unexpected weight gain, anxiety, and a slew of other issues that affected her overall well-being. The results of her new paleo diet were so transformative that she began...



READ ONLINE
[3.77 MB]

Reviews

A really wonderful ebook with perfect and lucid answers. It is rally interesting throgh looking at period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Gustave Moore**

This written ebook is excellent. It is amongst the most awesome ebook i have study. You will not truly feel monotony at whenever you want of the time (that's what catalogs are for regarding if you ask me).

-- **Devante Langworth IV**