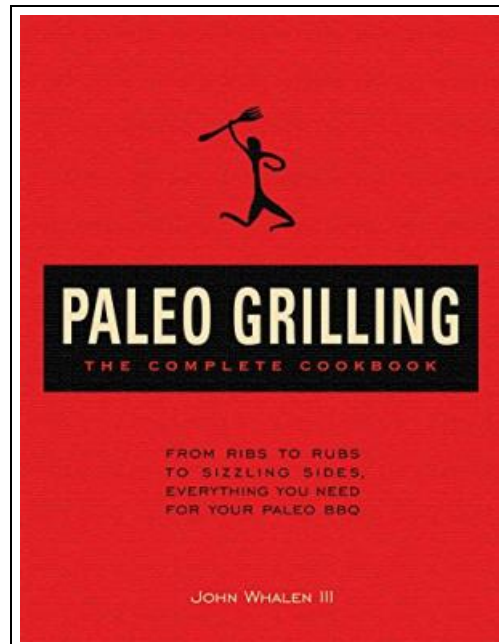


The Complete Paleo Grilling Cookbook: From Ribs to Rubs to Sizzling Sides, Everything You Need for Your Paleo Bbq (Hardback)



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THE COMPLETE PALEO GRILLING COOKBOOK: FROM RIBS TO RUBS TO SIZZLING SIDES, EVERYTHING YOU NEED FOR YOUR PALEO BBQ (HARDBACK)



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Sterling Publishing Co Inc, United States, 2015. Hardback. Book Condition: New. 257 x 206 mm. Language: English . Brand New Book. With over 250 mouthwatering paleo barbecue recipes, this definitive cookbook delivers charred perfection to grillmasters seeking a healthier lifestyle. There s no doubt that adopting a Paleo diet and saying goodbye to dairy, grains and starches can be challenging. But this cookbook makes the Paleo diet easy, taking you step-by-step to a healthier lifestyle, one that has been proven to promote weight loss and a stronger immune system without skimping on that bold barbecue flavor! With over 250 tantalizing recipes, this cookbook promises to bring out the best in each simple, hearty ingredient, starting with Paleo-friendly rubs and marinades, moving on to meats and veggies, and ending with decadent desserts (grilled peaches, anyone?). Filled with grilling guidance, Paleo wisdom, shopping advice and an extensive variety of dishes, there s no better way to enjoy the simple pleasure of eating delightful, wholesome food.



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