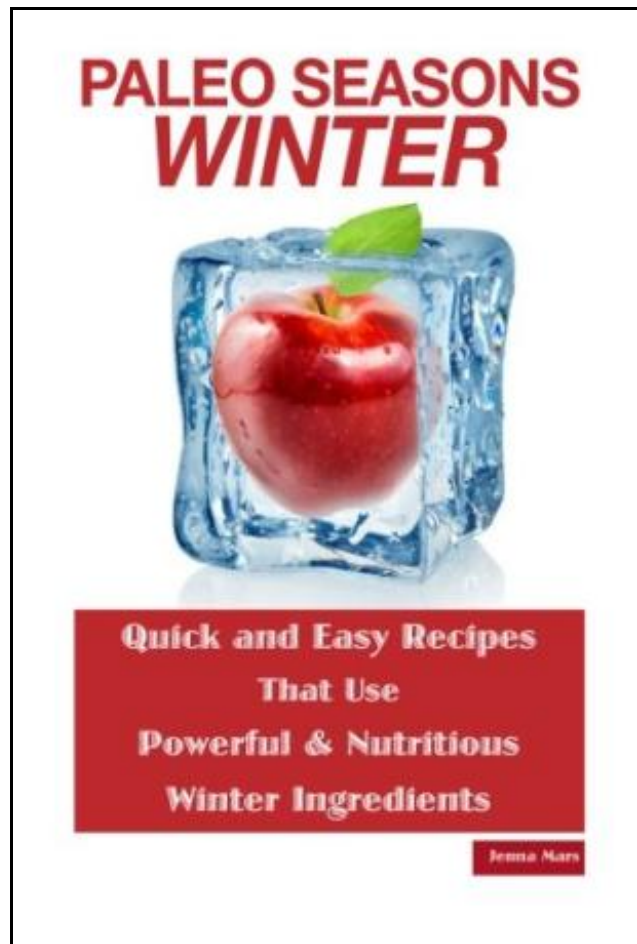


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(Rebecca Bechtelar)

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 100 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. This book is a guide to quick and easy Paleo recipes using seasonal winter ingredients. It will help you see that it can be quite easy to follow a Paleo lifestyle regardless of the season and how busy you are! It'll provide guidance on which produce is in season and how to make the best of it. You can prepare incredible meals, using nutritious seasonal ingredients. This book provides: Recipes take less than 45 minutes to prepare and follow simple flavorful ingredients An introduction to the benefits of a Paleo diet and a basic outline of what it means An understanding of the foods that you can and cannot eat when following a Paleo diet, and why 34 delicious recipes that work together to create a whole new world of flavors to enjoy at mealtimes Knowledge of the produce that is in season during the winter months (in addition to all-year-round ingredients) and how to prepare delicious, all-Paleo meals using both seasonal and year-round ingredients Step by step instructions on how to prepare a range of meals suitable for winter and helpful hints on adapting them to suit the needs of your family Ways to experience fresh and vibrant flavors through quick and simple recipes that have been designed with your busy lifestyle in mind A chance to regain control over the food that you eat; what is in it, where it comes from and how you prepare it This book proves that eating the Paleo way is neither complicated nor impacted by the season. The food is actually quite easy and quick to prepare using fresh and natural winter ingredients. Further, the book gives useful information to...



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