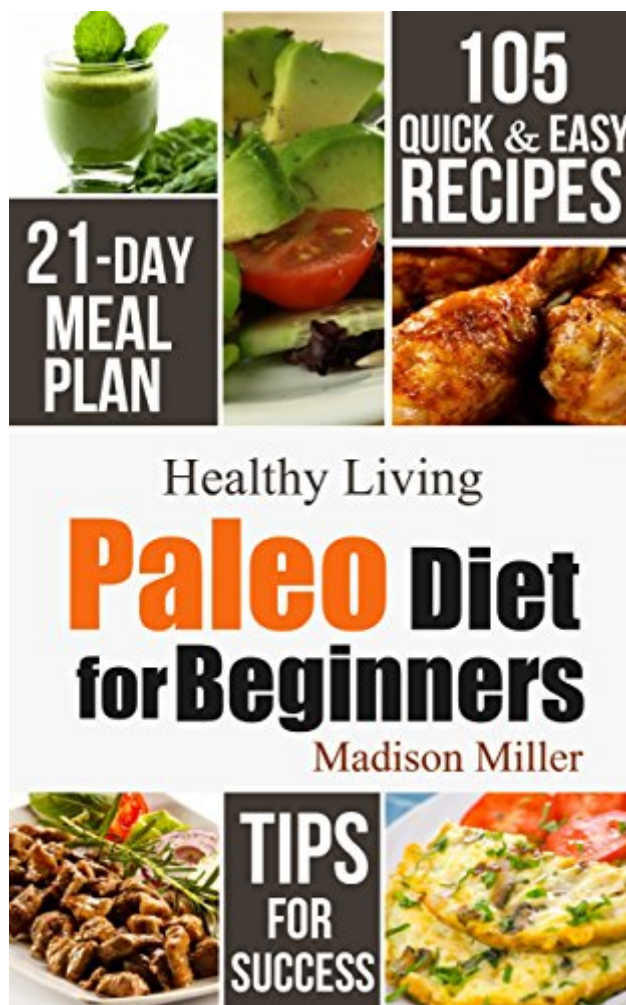


The book was found

Paleo Diet For Beginners: 105 Quick & Easy Recipes - 21-Day Meal Plan - Tips For Success (Healthy Living)



Synopsis

The paleo diet is not just another trendy diet, it's a lifestyle! Eat like our ancestors to finally, feel healthy, boost your energy and lose weight! Inside, find the essentials of following a paleo diet lifestyle and much more including:

- What the paleo diet is all about
- What are the health benefits
- What foods you can enjoy daily, in moderation and to avoid completely
- Trick and tips to make paleo cooking easy
- 21-day eating plan that includes breakfast, lunch and dinner plus snacks and desserts!
- Over 105 paleo recipes to choose from

What really make this book unique is the 105 creative and unique Paleo and Gluten-free recipes that are not only easy to make but that you can whip up quickly. Made with fresh and easy to find ingredients, you will be able to prepare impressive meals in no time, like:

- The caveman breakfast hash, the glorious morning smoothie or the primal blueberry waffles for nutritious breakfast selections.
- Super easy to make snacks options like fresh berry cereal, pumpkin pie spice sweet potato or spicy cauliflower.
- Lunch will be a breeze with recipes like the macadamia hummus, the paleo prawns with tomato sauce or the sautéed coconut chicken.
- Mouth-watering dinner recipes like the stuffed sea bass, the primal chicken fajitas or herb crusted pork tenderloin.
- A sweet finishing touch with recipes like ginger brownies, sweet and salty chocolate barks or the honey coated walnuts and peaches.

Now, scroll back up and grab your copy!

Book Information

File Size: 1944 KB

Print Length: 243 pages

Simultaneous Device Usage: Unlimited

Publisher: The Cookbook Publisher (July 16, 2014)

Publication Date: July 16, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00LVCKUF6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #59,549 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36 in Kindle

Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Gluten-Free #44 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo #49 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free

Customer Reviews

I've been on a Paleo eating plan for quite some time now, so I'm always looking for new ideas- Cookbooks. Glad I found this one. "Paleo Diet for Beginners" is not only for beginners, it's packed with healthy, delicious, and creative recipes you and your whole family will enjoy. I really like the Salmon and Asparagus Salad- Thanks!

I bought this book for my sister as she is overweight. I was trying to look for a way to help her. Then a friend of mine told me to read this book. As I knew not much about paleo diet, I didn't know what to expect from this book. But the author described very clearly what paleo diet is and what its benefits are. This book also has a list about what to eat and what to avoid during the diet. I showed the book to my sister after reading it myself. She was mostly impressed with the 21 day diet plan. She has already started following the diet plan and on her 2nd day! I hope this book will help my sister and others as well.

If you're new to the paleo diet and want to learn more, I highly suggest you pick up a copy. This book will give you the ins and outs of the paleo diet and explain why it's so important for healthy living. The author also shares some really fun and creative meal recipes. Good book!

Wow! What a comprehensive book on the Paleo Diet. This is not just for the beginner or someone not that familiar with the Paleo Diet as there are amazing recipes! The book starts with an introduction to the author and how her and her husband were overweight a year ago before starting on the paleo track. She then goes through the benefits of the Paleo Diet how it aids digestion and reduced inflammation. The next sections are - What you can eat, Foods in moderation, Foods to Avoid and what you can drink on the diet. I use the word 'diet' loosely as it is more a way of life as there are PLENTY of different foods you can eat! There is a 21 day plan to help you on the way along with Breakfast recipes like mini bacon quiches, Snacks like Spicy nuts (delicious!!) lunch recipes including Chicken and Spinach, Dinner dishes like Piri Piri Chicken (my favorite!!) and Beef Goulash and with desserts like coconut square to finish the meal, everyone is catered for. There are so many great recipes in this book and it really is easy to follow this way of life without too much

hardship!Go on give it a try you wont be disappointed!

A quick read about a stone age diet that looks a lot like many others, which limit bad fats, carbs and processed foods. Although the author spells out the rationale and says there is research to back it up, he does not present any details about the research, nor does he present references so we could look it up ourselves. This way of eating appears appropriate for someone who does not have active disease and wants to stay healthy. I am not convinced that it would help someone, for example, who wants to reverse heart disease. But that is what research is for and I don't see that here

I've read a few books on the Paleo diet and have a fairly good understanding of the diet. However, until I read this book, I didn't have a clear idea of how to start and what to cook, besides grass fed beef!This is a great book on a very enjoyable diet!

This is a well written book on paleo diet. If anyone is looking to go in to the paleo diet then this is a great book to get started. Itshows practical tips and strategies to get started on a paleo diet and also its packed with delicious recipes to enjoy. This authordoes a good job of laying out in a 21 day meal plan to keep you on track. The paleo diet is a great way to lose weight andlive a healthier lifestyle and the this book is a great way to get started.

If you've been considering a paleo diet, but weren't sure how to proceed, this book is for you. Before you get to the recipes, you will learn what makes for a paleo diet, the benefits, what foods to avoid, what to expect, and best of all how to prepare your shopping trips and organize your kitchen for making this lifestyle change. The author shares how her family got started and the tremendous health benefits they have enjoyed. Finally, to make this changeover in eating habits fail-proof, the recipes are organized in a 21-day meal plan for breakfast, lunch and dinner that takes all the guess work out of making this diet work for you. With 105 recipes, of course, you can arrange them to suit yourself. Oh, there are desserts as well! What's not to love about that!

[Download to continue reading...](#)

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for

Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Paleo Diet for Beginners: 105 Quick & Easy Recipes - 21-Day Meal Plan - Tips for Success (Healthy Living) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Paleo Bible: Paleo Slow Cooker Recipes: Top 160+ Slow Cooker Recipes & 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Diet Cookbook) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Paleo Diet: The Paleo BIBLE© with Top 350+ Recipes & 1 FULL Month Meal Plan for Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Cookbook) Paleo Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) The South Beach Diet: A Guide for Faster Weight Loss and Healthy Lifestyle with Easy Meal Plan Recipes (South Beach Diet Meal Plan, South Beach Diet Gluten Solution, South Beach Diet Recipes) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet)

