

[PDF] Paleo Cookbook For Dummies (For Dummies (Cooking))

Kellyann Petrucci - pdf download free book



Books Details:

Title: Paleo Cookbook For Dummies (F
Author: Kellyann Petrucci
Released: 2013-07-29
Language:
Pages: 336
ISBN: 1118611551
ISBN13: 978-1118611555
ASIN: 1118611551

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Description:

From the Back Cover

Learn to:

- Reap the benefits of the Paleo diet
- Use natural foods to achieve great health and support physical fitness

- Make 135+ simple and tasty Paleo recipes for every meal of the day

The fast and easy way to enjoy a Paleo diet

This modern-day take on an ancient diet □ which excludes dairy, processed foods, and refined sugar □ has helped scores of people lose weight and keep it off. Ranging from breakfasts and snacks to seafood and slow cooker dishes, the Paleo recipes in *Paleo Cookbook For Dummies* offer simple and tasty dishes that will have you eating your way to a healthier, happier you.

- Go Paleo □ get the lowdown on Paleo, the health conditions Paleo can help, and how the Paleo diet works better than other approaches to overall health and weight loss
- Simply sides □ find recipes for simple Paleo soups, salads, and snacks that offer both pleasure and deep nutrition
- Mmmains, sides, and desserts □ discover breakfast foods that stabilize your blood sugar, lunches to recharge your system, protein-rich meals for Paleo meat lovers, and delicious desserts
- Namaste! □ eat delicious Paleo vegetarian meals that allow you to maintain your food values while still eating Paleo
- Slow cookin' □ let the slow cooker do the work with Paleo recipes that involve minimal fuss and maximum flavor

Open the book and find:

- 135+ recipes created by powerhouse Paleo chefs
- Info and recommendations on Paleo superfoods
- Loads of encouragement on living and eating the Paleo way
- The detoxing power of Paleo
- How to re-set your diet with the Paleo cleanse
- Essential cooking tools for a Paleo kitchen
- Tips for restocking your kitchen with Paleo foods
- New places to shop for the best quality foods

About the Author

Dr. Kellyann Petrucci is the coauthor of the health and lifestyle books *Living Paleo For Dummies* and *Boosting Your Immunity For Dummies*. She also created the successful kids' health and wellness program Superkids Wellness and the Paleo door-to-door home delivery food service Living Paleo Foods.

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