



## The Paleo Diet Made Easy Cookbook (Paperback)

By Joy Skipper

Octopus Publishing Group, United Kingdom, 2014. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. The Paleo diet is the latest and greatest eating innovation, helping people everywhere slim down and live healthier lives. Free yourself forever from faddy food replacements and low calorie alternatives, and simply observe one golden rule: stick to the foods the human body has evolved to eat. Follow the example of your caveman ancestors and fuel your body with a diet of meat (organic and grass-fed where possible), fish, vegetables, fruit and roots. This book is your simple and accessible guide to eating simple, delicious food within the Paleo guidelines, with a huge range of ideas for breakfasts, lunches and dinners. This beautifully-designed book has even more ways to make the paleo diet work for you. With full colour illustrations throughout, this book covers all the basics, while over 75 delicious recipes will enhance your repertoire - staying motivated on your journey to better health and weight loss needn't be a trial when you can enjoy satisfying, healthful meals like Spinach-stuffed Squid, Slow-roasted Pork Belly with Celeriac Mash and Jerusalem Artichoke Soup with Parsley Pesto. You can even enjoy desserts such as Blueberry and...



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