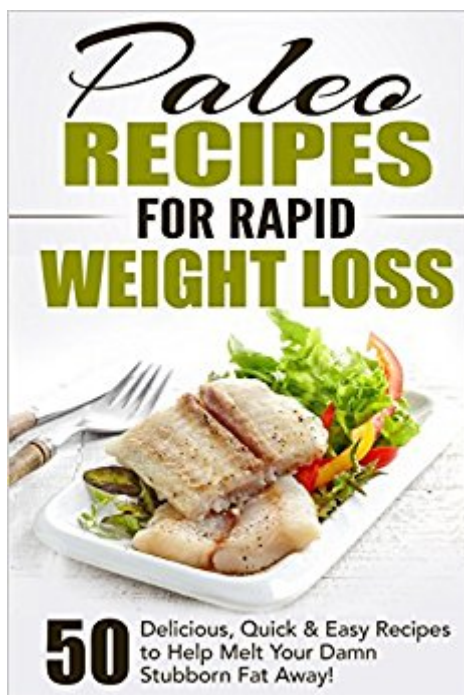


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# Paleo Recipes For Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes To Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1)



## Synopsis

Discover Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! Let me ask you a few questions... Do you find that you don't have enough time to prepare healthy and delicious meals and snacks? Would you love to have more energy, be happier and feel healthier every single day? Do you want an abundant supply of delicious, quick and easy recipes at your fingertips? If any of the above questions made you say "Yes", then this book is for you! Inside this book's pages, you'll be introduced to the benefits of eating a Palaeolithic diet while getting 50 of the best Paleo recipes out there specifically designed for weight loss and a healthier version of yourself. This book is informational, to the point and organized in such a way that you can come back to it again and again for easy reference. Want to get access to some delicious, quick and easy Paleo recipes? What are you waiting for? Download your copy TODAY. See you on the inside so we can get started! ~ Fat Loss Nation

## Book Information

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## Customer Reviews

\*This book introduces the paleo lifestyle - some history, studies showing the health benefits of it, main spices to use in your dishes, highly recommend foods and foods to avoid.\*The 50 recipes included are all super easy to follow - the ingredients can be found in a typical grocery store (however to truly be paleo, eating the most fresh, organic foods is your best way to go - but if you are unable to access everything organic (whether it be finances or availability) you can still live this healthy lifestyle, with great success, to the best of your ability\*What I love about this book is it

includes meals that are everyday foods you were eating before being paleo (pizza, burgers and even cake) - using very healthy (and some surprising) ingredients to replace the not so healthy ones (sugar, unhealthy fat, unhealthy carbohydrates)\*The basic paleo diet includes: fruits, vegetables, greens, eggs, nuts, seeds, fish, fowl, meat\*The recipes are broken down into categories - Breakfast, Lunch, Supper, Snack and Desserts\*I have already adopted two of the recipes from this book as my "make ahead healthy/easy to grab breakfast choices" - Apple Cinnamon Muffins and Omelet Muffins - I make a couple dozen of each in silicone cups on the weekend and my family of four eats these throughout the week (even my 1 year old and 3 year old love these). My husband loves that these are convenient to grab before work and knows he is getting the proper nutrients he needs to start his day out right.\*Most of the recipes have 5-10 ingredients and are made in 20-40 minutes.\*The recipes I have tried all tasted great - the step by step directions were simple to follow\*Paleo uses a lot of fresh herbs and spices, so the meals come out mouthwatering and full of flavor\*I'm excited to try out all the recipes over the next few months!! I was very fortunate to have received the kindle version of this book in exchange for my honest and unbiased review. I hope this has helped in your decision making. Happy shopping!

This book is loaded with Paleo Goodness from breakfast to dinner to dessert this book got you covered. I can't get enough of the Crustless Bacon Quiche and the Spicy Tuna Salad. Aside from the great recipes it also provides helpful information on Paleo diet. I also like the stunning cover of this book.

This is a superb recipe book for the Paleo diet. Quite honestly, I was a little skeptical in the beginning because I thought, "Oh great another book on Paleo!" But that wasn't the case with the superb book. Here is a book that actually delivers the goods. The meals are planned out for the different types of the day, for example, you have delicious recipes for breakfast, lunch, dinner, and there is snacks and deserts as well. Here is something else this book knocks out of the ball park, the directions are so easy to understand and right on the money as direction goes. Too many times you can get a book that the recipes are just random and in no particular order. I found with this wonderful book, that the author really goes out of her way to deliver a quality product and a great price. There's more gems though, the author is conversational. This is not as common as one thinks when it comes to recipe books. What she does is writes a small description before the ingredients. This is great! It makes me feel like she is talking right to me, and each description is so much different then the last one. I was very happy to see she has more books available as well as this

one. If you are looking for a well written, quality Paleo cookbook. This is a keeper, you'll be glad you did, I love a lot of the stuff I have made from this and look forward in so much more great recipes from this book as well!

This recipe book is a great book for the Paleo diet. The meals are planned out for every single time of the day. You have great recipes for breakfast, lunch, dinner, and there are also snacks and desserts as well. The directions are easy to use and understand as well. This recipe book is high quality and the price is tremendous. The author of this book puts a small description with each recipe before the list of ingredients you will need for that recipe. If you are looking for a well written, quality Paleo cookbook to help you lose weight this one here is a great buy. All these recipes are enjoyable and will help with your weight loss journey. I received this product at a discounted price in exchange for my honest and unbiased review.

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