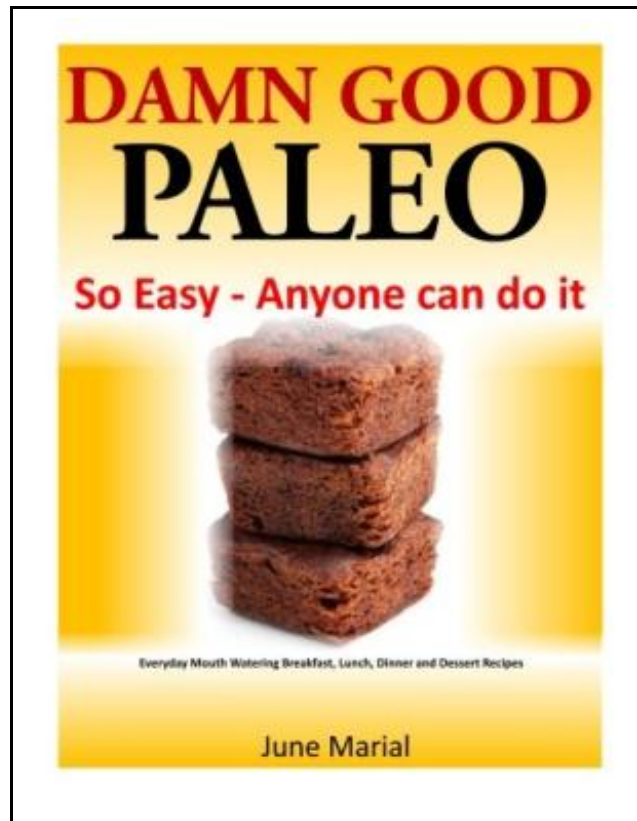


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Special Price of \$9.99. Regular Price 12.99. Grab Your Copy Now! This guide is dedicated to providing people with information on all sorts of different recipes that can be utilized while on the Paleo diet. This is a popular diet that entails the body using foods that were similar to what people would have eaten in the Paleolithic Era. The foods are designed to where they will be made with safe and easy to use ingredients that don't contain dairy or harsh additives. The book includes sections for breakfast, lunch and dinner as well as dessert. There are a few appetizers to include in this book as well. Each recipe is listed with regards to the ingredients and instructions required. There are also photos of each recipe in this book to give people ideas of how these foods are to look as they are finished. All recipes are designed to be made as quickly as possible. These recipes can be prepared in 45 minutes or less and are good for multiple servings. All the items listed here are designed to be enjoyable for all sorts of people thanks to how they contain rich and easy to taste flavors.

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