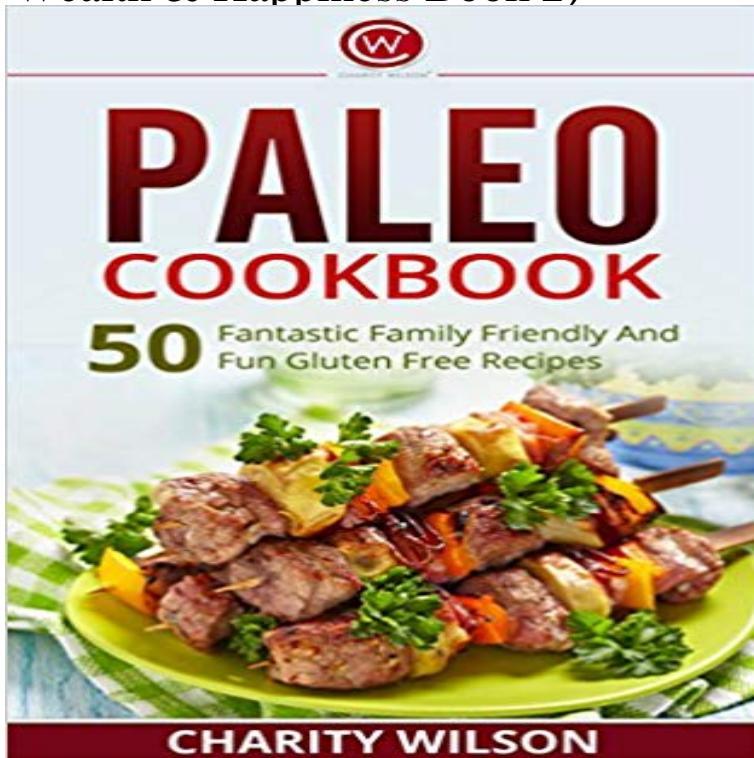


PALEO DIET COOKBOOK: Paleo Cookbook: 50 Fantastic Family Friendly And Fun Gluten Free Recipes (Paleo Diet Recipes) (Health Wealth & Happiness Book 2)



Download FREE with Kindle Unlimited! Then just write out the recipes you love in a Blank Book Billionaire blank recipe book. You can find some great options by searching My Recipe Journal right here in Amazon. Family Freedom With The Paleo Cookbook Unlike the standard diet of processed foods most people are eating, a Paleo diet is based on eating what some call the Caveman Diet. It is a diet based on lean meats, fish, nuts, seeds, fruits and vegetables all in their most natural form. Organic and grass fed are regularly used terms for Paleo followers. Inside the Paleo Cookbook you are going to find 50 delicious Paleo recipes that your whole family will want to eat. You can also modify the recipes to fit how strictly you follow a Paleo lifestyle. Maybe you still eat some dairy or wheat and have just cut back. The beauty of this recipe book is you can do whatever you want with the recipes. If something calls for coconut milk or coconut oil and you hate coconut change it to regular milk and olive oil. You are the master chef. If you follow a Paleo diet only 80% of the time who's to judge. The author has created this Paleo Cookbook after extensively testing recipes with her family to see which ones had the best response. Not everyone will love every recipe but chances are they will love most of them. Your Family Is The Most Important Thing In Life So why would you even want to persuade the kids to eat a Paleo diet? Well, because you love them and a Paleo diet is one of the healthiest diets you can follow. Ensuring your family is eating quality food and putting their health first is one of the best things you can do to keep them as potentially disease free as possible. That's why Paleo Cookbook is full of recipes that have been tested on a real family. The author is confident that your family will find recipes they want to eat every day and meal time will no longer be about what you made but how much of

it did you make. Healthy families are the ones who plan out their meals for the week, eat a variety of different recipes and avoid the boredom of eating the same meals over and over again. You know the rut you get into. Roast chicken on Sunday, Chicken Wraps Monday, Squash Spaghetti Saturday and so on. Same meals day in and day out lead to you eating junk and that is what you are trying to avoid with the Paleo diet. Don't worry though you still get to live life. There are many Paleo desserts inside also. We are living life and deserve to eat a variety of great tasting food. The difference is these desserts are probably the healthiest you have eaten in a long time. What You And Your Family Will Discover Inside 13 Breakfast Recipes to start the morning right 11 Appetizer Recipes for entertaining the night away 10 Lunch Recipes to fuel the rest of your day 9 Dinner Recipes that are meant to be enjoyed with the family 7 Dessert Recipes to keep those sugar cravings at bay If you are ready to finally have all the family members smiling when a meal is served then Paleo Cookbook is exactly what you need. Scroll to the top of the page and select the buy button now.

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