



## Paleo Cookbook: 50 Fantastic Family Friendly and Fun Gluten Free Recipes (Paperback)

By Charity Wilson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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...



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