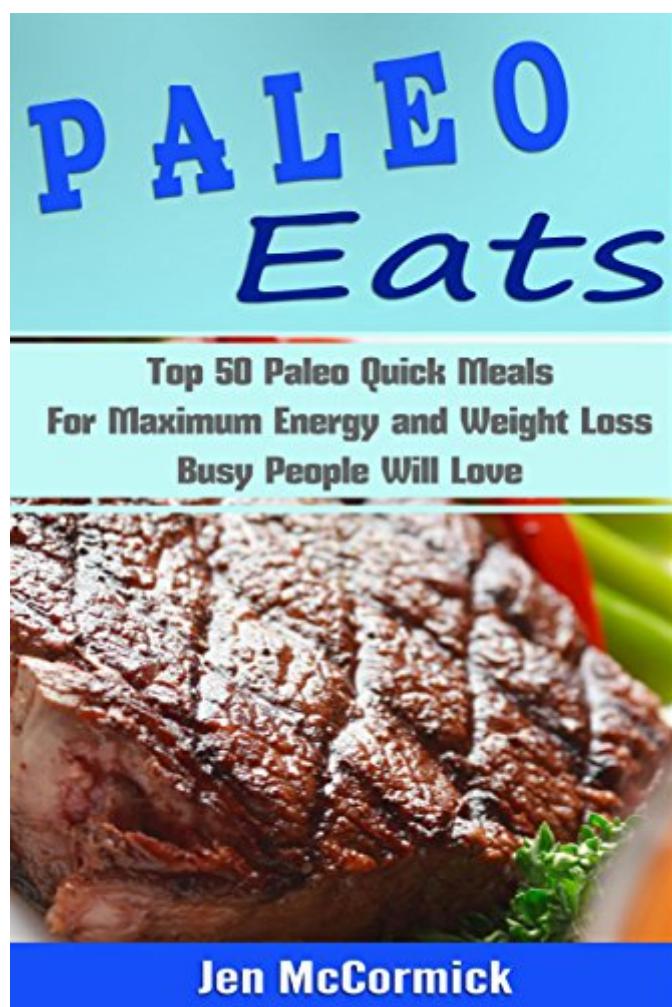


The book was found

Paleo Eats - Top 50 Paleo Quick Meals For Maximum Energy And Weight Loss Busy People Will Love (Pale Approach, Paleo Kitchen, Paleo Indulgences) (Paleo For Dummies)





Synopsis

Paleo Eats Is About Eating Healthy For Maximum Energy and Weight Loss Today only, get this bestseller for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover the Top 50 Paleo Quick Meals...Paleo Eats is all about healthy eating for busy moms, dads, and kids. Eating a Paleo Diet is based on what our Paleolithic ancestors had available to them as nomadic tribes. The main paleo diet foods center around meats, vegetables, nuts, and fruits. You will get the top 50 Paleo quick meals that busy people of all ages will love. Here Is A Preview Of The Paleo Eats You Will Get...Asian stir fryBaked Mustard Lime ChickenSalmon with Tomato Basil RelishSesame Salmon BurgersDownload your copy today! Take action today and download this book for a limited time discount of only \$0.99! Scroll Up and Buy With One ClickCheck Out What Others Are Saying..."I first heard of the Paleo diet on a magazine. I wasn't really sold to it because it seemed a little weird and unlikely for me to prepare because of my work schedule. However, a friend recommended me this book and it has helped me reconsider my thoughts on this diet. The way in which the procedure for preparing the Paleo-based dishes in here are so simple and very achievable without consuming that much time. Apart from that, the recipes aren't really that unusual - some of them are my favorites even! Now I'm more than interested to go Paleo thanks to this book. Who knew paleo dishes can be so delicious? And the best part is that the paleo recipes here can be prepared within 30 minutes, very convenient. I especially love the sesame salmon burgers recipe. I actually cooked it the other day and it was a hit, everyone was raving about it. Definitely get this book if you want to cook delicious paleo dishes."Tags: Paleo Eats, Paleo Quick Meals, Paleo Approach, Paleo Kitchen, Paleo Indulgences, Paleo For Dummies, Paleo Protein

Book Information

File Size: 3398 KB

Print Length: 113 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 1, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00VJJDO0O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #65,083 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo #68 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Paleo #78 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo

Customer Reviews

For those on the Paleo (non-agrarian) diet, this book is for us. It contains fifty great recipes that are easy to prepare and satisfying to eat. One thing I really liked about this book were the wonderful, mouth-watering photos of each dish. Also, following each recipe is a handy list of nutritional information. One recipe in particular that caught my eye was the Sesame Salmon Burgers. The ingredients were not extraordinarily exotic. They included: vinegar, garlic, ginger, almonds, etc. The instructions were eminently clear, enough so that even a rookie cook like myself could easily understand what to do. Some other recipes that I found intriguing were: Asian Stir Fry, Chicken Meatballs, Spicy Chicken with Grilled Lime, Mexican Chicken and Rice, Orange Chicken, Turkey Burger, Garlic Roasted Cod, Fish Tacos, African Curry. Highly recommended.

My wife has made some great meals

Another Paleo cookbook loaded with mouth-watering dishes happily making its way to my collection. A huge array of recipes at my disposal translates to good food that everyone loves. The chicken-based main course dishes are the ones I'm going to try first as they are a personal favorite. In fact I'm going to try all of the dishes, and it won't take too long either! Just like Jen McCormick's other works, this one too is replete in class and have inspired me to make the best use of my culinary skills!

Really clearly explained recipes for easy and quick to make food that turns out great! I already tried out some of the food like Asian Stir Fry, and it was delicious! Happy to recommend it.

I have been on Paleo for about 6 months, there are some great recipes in here for sure that I wish I had 6 months ago :)

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