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500 Paleo Recipes: Hundreds of Delicious Recipes for Weight Loss and Super Health

By Dana Carpender

Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, 500 Paleo Recipes: Hundreds of Delicious Recipes for Weight Loss and Super Health, Dana Carpender, At last, here is a comprehensive cookbook to the hottest eating plan around! The Paleo diet-known in some circles as the "Caveman Diet"-is an eating plan based on evolutionary biology and backed up by medical research. Unlike other diets which can incorporate fake, processed foods and artificial sweeteners, the Paleo diet is based on what our ancestors ate: lean meats and fish, nuts and seeds, and naturally grown fruits and vegetables. Low-carb queen and bestselling author Dana Carpender shows how to stay the Paleo diet course deliciously with 500 easy-to-prepare recipes for everything Paleo from appetizers, to main dishes, to desserts.



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