



4 MORE Weeks of Fabulous Paleolithic Breakfasts - LARGE PRINT 4 Weeks of Fabulous Paleo Recipes Volume 5

By Amelia Simons

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 130 pages. Dimensions: 10.0in. x 8.0in. x 0.3in. Just like you found in 4 Weeks of Fabulous Paleolithic Breakfasts, you will find all new recipes to help you start your day. 4 MORE Weeks of Fabulous Paleolithic Breakfasts is a collection of 28 delicious recipes to help you start your day with healthy and satisfying dishes without grains and gluten. As many people are choosing to eat healthier as well as desiring to lose weight, they are enthusiastically turning to a Paleolithic lifestyle consisting of a low-carb diet rich in healthy meats, fish, seafood, vegetables, good fats, nuts, and seeds. Some of the delicious breakfast recipes included in this cookbook are: Crustless Quiche French Toast Raspberry Pancakes Crunchy Granola Morning Coffee Smoothie Also included in this cookbook is an overview of the Paleolithic lifestyle that will give you a quick, easy-to-follow guide of the foods recommended and ones to avoid. Buyers of 4 MORE Weeks of Fabulous Paleolithic Breakfasts are saying: The banana nut bread is amazing and my non-paleo friends were totally impressed at how good it tasted. Very easy to follow recipes. There are some really...



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Reviews

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Dr. Hermann Marvin PhD**

This book is amazing. it was writtern very completely and helpful. Your way of life period is going to be enhance as soon as you full reading this pdf.

-- **Antonia Lindgren II**