

Paleo Snacks: 101 Quick, Easy, Delicious and Healthy Paleo Snack Recipes (Paperback)



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Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Paleo s - think you can t snack? Think again! Continue living the Paleo lifestyle with these specially-created snacks for a spot of indulgence Paleo Snacks was written by Lisa Tonelli, an accomplished cook and self confessed snackaholic , who loves experimenting with flavor combinations, and delights in eating and living a paleo lifestyle. Living Paleo, it s not unusual to find your taste buds tempted by a desire for deliciousness outside of the usual meals. But what are you to do when the snack attack hits? It s well known that eating the correct Paleo approved foods at regimented meal times, health benefits and daily energy requirements will be maintained and by all accounts o you should never need to snack again. Yes, the cavemen didn t snack on much apart from wild berries - but they didn t live in the modern 21st century. A life without snacks would be very boring indeed, and watching your friends and family tuck in to non-Paleo treats can be a tough test of willpower when you re trying to stick with the regime. Luckily, you never need to accept a bland, nibble free future when there is so many wonderful paleo ingredients to work with. Inside the pages of Paleo Snacks you ll find 101 delicious and healthy recipes with easy-to-follow instructions for a scrumptious selection of paleo meals and snacks straight from your kitchen to your stomach. Finally, the path to personal peace and happiness through Paleo snacking is yours to command! Tasty and Paleo-approved recipes in this book include: Lip-Smacking Mushroom ChipsGolden Chicken BitesHerby Beef Nibbles with Spaghetti SquashChocolate CupcakesChurro Waffles with Homey DrizzleEnjoy an amazing selection...

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