



Paleo Diet Cookbook: Perfect Breakfast, Lunch, Dinner, Slow Cooker, Condiment, Bacon and Smoothie Recipes

By Charity Wilson

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A Paleo diet could be considered one of the easiest and healthy diets to follow. Many of the world's leanest men and women have used this diet to achieve amazing bodies and actually heal themselves of stomach disorders.

Inside you will discover some awesome recipes that will support your dieting efforts and make transitioning to a Paleo lifestyle much easier. By having a variety of recipes available, you will avoid the food boredom that usually causes people to overeat and gain weight.

What Does a Paleo Diet Entail?

Essentially a Paleo diet has you eating like our ancestors did before the agriculture revolution. They only ate what they could find on the land or hunt down and kill. It has also been referred to as the caveman's diet which makes it sound even more primal.

The Paleo diet is not a fad diet, but a lifestyle you choose to adopt vs. going on and off it again. Many people follow a modified version of a Paleo diet and still see great results. You always have the choice to go full Paleo or just eliminate some of the foods it suggests.

Here are just some of the foods you get to enjoy:

- Fresh fruits and vegetables (moderate the amount of starchy vegetables you eat)
- All meats (preferably grass fed) and fish/seafood
- Eggs
- Nuts and seeds
- Healthy fats and oils – coconut, olive, walnut, flaxseed, avocado

A Paleo diet also has a list of foods it recommends you moderate or eliminate

based on the fact our ancestors would not have had access to these foods. You will find that list inside.

Why Bother With Paleo Smoothies?

Convenience leads to weight gain but can also lead to weight loss. It is a powerful tool. Eating a pound of vegetables a day can seem like an inconvenience but drinking a couple weight loss shakes that support your Paleo eating is super convenient.

If you don't make eating healthy feel convenient, you will eat unhealthily. It is that simple.

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Paleo Diet Cookbook: Perfect Breakfast, Lunch, Dinner, Slow Cooker, Condiment, Bacon and Smoothie Recipes By Charity Wilson Bibliography

- Rank: #832641 in eBooks
- Published on: 2016-01-04
- Released on: 2016-01-04
- Format: Kindle eBook

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Editorial Review

About the Author

Who is Charity Wilson? Charity Wilson is the loving mother of four children, well five if you count her husband of over 25 years. She has worked in various jobs over the years but realized one day home is where she needed to be. After a lot of deliberation and research, she decided to become a full-time writer. Being a full time at home mom and writer sounds like a lot of work and for good reason, it is. She loves every minute of the organized chaos that is her daily life. It is what fuels her ideas and inspires her to write the books she does. She loves to share what she knows and is always willing to learn something new. She loves to cook and create new recipes which you will find shared throughout her various cookbooks. She stays up to date on the most current diets but doesn't particularly follow any one of them. She eats to enjoy while consciously watching her health. She knows people need a variety of recipes to avoid the boredom that leads to weight gain and tries to fill that void. Her passions don't stop at cooking and she is an avid gardener, organizer and loves reading. She is known amongst the kids in the sports community as "the lady with the best chocolate chip cookies ever." She enjoys being able to watch her children play sports and is quite active herself. In the end, you could call her a homebody. Charity is all about living life with passion and enjoying every moment. Life is about enjoying good food, great company and waking up every day happy to do it all over again.

Users Review

From reader reviews:

Benita Eldridge:

As people who live in typically the modest era should be upgrade about what going on or data even knowledge to make them keep up with the era that is always change and move forward. Some of you maybe can update themselves by studying books. It is a good choice in your case but the problems coming to anyone is you don't know which you should start with. This Paleo Diet Cookbook: Perfect Breakfast, Lunch, Dinner, Slow Cooker, Condiment, Bacon and Smoothie Recipes is our recommendation to help you keep up with the world. Why, since this book serves what you want and need in this era.

Marlys Wieland:

Hey guys, do you desires to finds a new book to study? May be the book with the headline Paleo Diet Cookbook: Perfect Breakfast, Lunch, Dinner, Slow Cooker, Condiment, Bacon and Smoothie Recipes suitable to you? The actual book was written by renowned writer in this era. The actual book untitled Paleo Diet Cookbook: Perfect Breakfast, Lunch, Dinner, Slow Cooker, Condiment, Bacon and Smoothie Recipes is the main of several books that will everyone read now. This particular book was inspired many people in the world. When you read this e-book you will enter the new dimension that you ever know before. The author explained their strategy in the simple way, and so all of people can easily to know the core of this e-book. This book will give you a large amount of information about this world now. So that you can see the represented of the world in this book.

James Cummings:

People live in this new morning of lifestyle always make an effort to and must have the spare time or they will get lots of stress from both day to day life and work. So , whenever we ask do people have spare time, we will say absolutely without a doubt. People is human not a robot. Then we inquire again, what kind of activity have you got when the spare time coming to a person of course your answer can unlimited right. Then ever try this one, reading books. It can be your alternative with spending your spare time, the book you have read is usually Paleo Diet Cookbook: Perfect Breakfast, Lunch, Dinner, Slow Cooker, Condiment, Bacon and Smoothie Recipes.

David Gilbert:

Reading can called brain hangout, why? Because when you are reading a book specially book entitled Paleo Diet Cookbook: Perfect Breakfast, Lunch, Dinner, Slow Cooker, Condiment, Bacon and Smoothie Recipes your thoughts will drift away trough every dimension, wandering in every single aspect that maybe mysterious for but surely might be your mind friends. Imaging every single word written in a e-book then become one form conclusion and explanation in which maybe you never get just before. The Paleo Diet Cookbook: Perfect Breakfast, Lunch, Dinner, Slow Cooker, Condiment, Bacon and Smoothie Recipes giving you a different experience more than blown away your thoughts but also giving you useful info for your better life on this era. So now let us demonstrate the relaxing pattern the following is your body and mind is going to be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

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