



Paleo Lunch Recipes: Quick and Mouthwatering Paleo Lunch Recipes for Dieting, Weight Loss, and Healthy Living

By Sarah Sophia

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Paleo Lunch Recipes The Essential Kitchen Series, Book 92 Quick and Mouthwateringly Delicious Paleo Lunch Recipes for Dieting, Weight Loss, and Healthy Living You don t need to be a caveman to see the benefits that would come from a simplified diet. Today, our bodies are bombarded with high-calorie, processed foods, many of them reliant on grains, legumes and dairy products. These are all more difficult for the human body to digest and absorb, but more importantly, they are linked to heart disease, obesity, and diabetes. Enter the rediscovery of a diet that was lost but not forgotten. The Paleo Diet. Learn to base your food consumption on the natural elements your body was initially designed to digest: more protein (meat, seafood, and other lean animal products), fewer carbohydrates, and greater fiber. A Guide to Eating for Life Lunch is perhaps the most difficult meal of the day, but that s no longer the case. The Paleo Lunch Recipes cookbook has solved a number of problems for you, providing a wonderful assortment of meals geared specifically for health conscious...



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