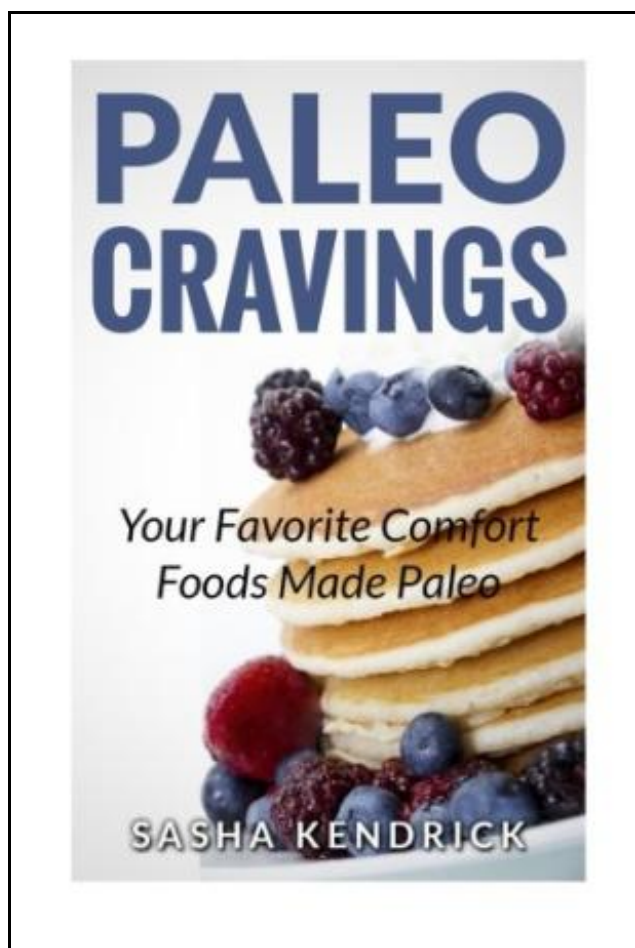


## Paleo Cravings: Your Favorite Comfort Foods Made Paleo (Paperback)



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*(Libbie Farrell)*

## PALEO CRAVINGS: YOUR FAVORITE COMFORT FOODS MADE PALEO (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you have primal cravings? Do you crave certain foods without logic or reason? Will those cravings simply not go away even though you re trying to eat healthy or lose weight? Do they destroy your good intentions over and over again? Or maybe you are a Paleo beginner wondering if you can ever have your favorite comfort foods and treats ever again? Then again, perhaps you want to live a Paleo lifestyle but have a family that are resistant to your idea and you want to offer them healthy, Paleo versions of their favorite foods? Whether you are looking for Paleo recipes for weight loss, looking to plan Paleo meals for your family, or you re simply a practical Paleo kind of person, in Paleo Cravings: Your Favorite Comfort Foods Made Paleo, you will find foods that are delicious, familiar, and comforting as you travel on your Paleo journey. You ll find Paleo recipes for foods such as Pecan Pie, Cinnamon Rolls, Chicken Nuggets, Beef Lasagna, Fish Sticks, Almost Oatmeal, Lime Chicken Tacos, Brownies, Chocolate Chip Cookies, and many more. This means that when you get those cravings, you can satisfy them guilt-free! Buy this book now and find: Hearty breakfast recipes Delicious dinner recipes Yummy snack recipes Scrumptious salad recipes Irresistible dessert recipes Information on the Paleo diet and what it includes Free bonus dessert recipes! All the recipes are gluten-free, dairy-free and Paleo-compliant. Each recipe contains: Simple, easy to find ingredients Serving sizes Time involved Equipment needed Clear directions Useful nutritional information Join the many people who are following the Paleo diet and benefit from: Lower cholesterol levels Lower blood pressure Improved neurological health Disease...



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