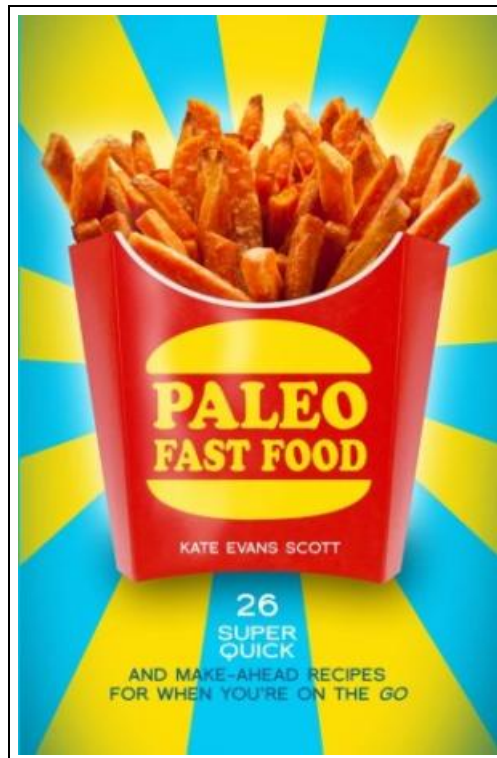


Paleo Fast Food: 26 Super Quick and Make-Ahead Recipes for When You re on the Go



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Reviews

Very good eBook and valuable one. Better then never, though i am quite late in start reading this one. I am very easily could possibly get a satisfaction of reading through a created publication.

(Brienne Heidenreich)

PALEO FAST FOOD: 26 SUPER QUICK AND MAKE-AHEAD RECIPES FOR WHEN YOU RE ON THE GO



Kids Love Press, United States, 2014. Paperback. Book Condition: New. 210 x 136 mm. Language: English . Brand New Book ***** Print on Demand *****. Set Your Schedule Concerns Aside, Get Your Paleo Food Fast - Right Here! An Allergy-free, Whole Foods / Fast Food Cookbook Designed for Health Conscious and Food Sensitive People. We live busy lives, and we need foods that are quick and keep us going. This often results in poor food choices and breaking our commitments to eating healthy. Fast food doesn't have to be laced with additives and leave you feeling sick or still hungry. Now it can be nutrient-dense, healthy and delicious as well as being quick and convenient. In Paleo Fast Food you'll find 26 easy gluten-free / grain-free make-ahead and on the go recipes that will satisfy, nourish and save you time in the kitchen. Following this cookbook, you'll be able to avoid those terrible moments where you're starving and on the go and wondering What am I going to eat?! Paleo Fast Food includes recipes the whole family will love, such as: - Slow Cooker Coconut Yogurt - Sausage and Squash Skillet - Banana Bread Green Smoothie - Spicy Turkey Sandwich - All-Day Baby Back Ribs - Waffle Iron Steak and Portabella - Fiesta Sweet Potatoes - Apricot Energy Cookies .and much more! In this recipe guide you'll find: Tips on how to make food prep easier, and how to plan for eating on the go. Recipes for breakfast, lunch, dinner, snacks, Pre and post workout. Shopping tips to help you fill your pantry, fridge and your freezer with easy go to ingredients. Easily labeled recipes to fit all your needs including Freezer Meals, Take-Away, Quick, Pre-Workout, Post-Workout, Pantry Staples and Slow Cooker meals. Suggestions on...



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