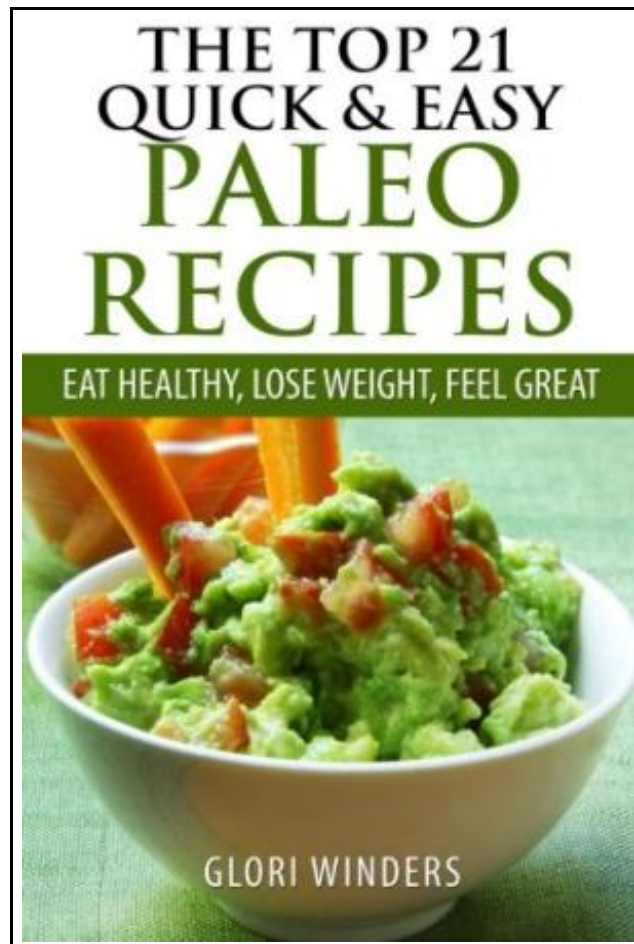


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for a healthier diet? Do you long for tasty recipes that will actually help you lose weight? Isn't it time to take control of your life and begin to feel great? This great concise cookbook is a collection of Paleo Recipes that are quick, easy and delicious! A great addition to your Paleo Diet. These recipes are also perfect for diabetics and those cooking low-carb or gluten free. Most recipes can be used on a Candida diet, as well. The Paleo Diet is based on the types of foods humans ate prior to the advent of agriculture. This diet has produced better health outcomes for type 2 diabetics than standard high-fiber, low-fat diets and even the Mediterranean diet, which is touted for its heart health and prevention of chronic disease. This diet is also ideal for people avoiding gluten, yeast, and most common allergens. Although there are a growing number of variations, the Paleo diet consists mainly of fish, grass-fed pasture-raised meats, eggs, vegetables, fruit, fungi, roots, and nuts, and excludes what are perceived to be agricultural products: grains, legumes, dairy products, potatoes, refined salt, refined sugar, and processed oils. With the Paleo Diet many have seen a decrease in appetite which means you usually eat less, plus cholesterol, blood sugar, insulin levels and blood pressure fall into line. And, Paleo Dieters usually feel more satisfied which makes a long-term lifestyle change easily achievable. You will find a total of 25 yummy and kid-friendly recipes in this new cookbook by Glori Winders including: *Classic Deviled Eggs *Glorified Bacon Wrapped Dates *Glori's Best Guacamole *Paleo Trail Mix *Barbecue Seasoning *Almond Honey Granola *Good...



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