



## The Top 21 Quick Easy Paleo Recipes: Eat Healthy, Lose Weight, Feel Great (Paperback)

By Glori Winders

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...



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