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Vegetable Spiralizer And Paleo Diet: 3 Strategies To Get Healthy Using Vegetable Pasta Spiralizer (Low Carb, Gluten-Free & Paleo Recipes - for Paderno, ... (Vegetable Spiralizer, Paleo Diet)

Natasha D. Norman

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This book contains proven steps and strategies on how to have a healthy living style and lose weight without starving yourself to death.

Chapter 1: What is a paleo, gluten free and low carb diet?

Chapter 2: Vegetable spiralizer and the gluten free, low carb diet

Chapter 3: Paleo, Gluten free and low carb Recipes

1. Almond crusted baked Zucchini crisps
2. Skinny Sundried tomato meatballs with spaghetti squash
3. Indian beetroot salad
4. Shrimp Avocado salad
5. Paleo Meat Cake
6. Paleo Pretzels
7. Cheesy eggs in Ham
8. Low carb Pumpkin Bagels
9. Grain free cinnamon roll bread
10. Bacon Bussels sprouts
11. Paleo Garlic Bread

For those who are looking forward to cut the the carbs and gluten from their diet, adopting a paleo diet can be the best option as it is gluten free and low carb by default. If you are wondering how can a diet or food be totally gluten free? Let me explain this to you.

Gluten is a protein complex found in grains that can be dangerous for people with celiac disease. Now, a paleo diet cuts down all the grains from the menu, so all your concerns related to gluten go away with them. Also, you adopt a natural diet instead of stuffing yourself with pre-packaged and processed foods. The paleo diet also improves health in most significant ways. It reduces inflammation, lowers cholesterol levels, increases the body pH, stops bone demineralization, normalizes hormone production and glucose levels, reduces fatigue and increases energy.

However, it is also true that not everybody can thrive on a paleo diet and it is better to take your doctor’s advice before adopting it or making any changes to your diet, but at the same time there is no denying to the fact that those who successfully thrive on it, lose weight, increase strength muscle tone, mass and gain abundant energy.

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Enrique McLean:

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Brad Sharpe:

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