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Paleo Diet Box Set: Paleo Diet Recipes: Bacon, Condiment, Gluten Free And Slow Cooker Recipes

Darrin Wiggins, Charity Wilson

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Paleo Diet Box Set

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Paleo Slow Cooker Recipes: 50 Paleo Slow Cooker Meals That Will Be Ready When You Are

Paleo Diet and Intermittent Fasting

Bestselling author and weight loss coach Darrin Wiggins believes the Paleo Diet is one of the easiest diets to follow to improve your health and lose weight. Also known as primal eating, the caveman diet or the hunter-gatherer diet, the Paleo diet is the very foundation our nutritional knowledge was built on.

Charity Wilson rounds out the rest of this box set with some delicious cookbooks.

Paleo Bacon Cookbook - Because We Can

Paleo followers enjoy the freedom of eating pretty much any meat they want and bacon is at the top of the list. When you have to eliminate bacon from your diet life just isn't the same. Of course, that is an exaggeration but bacon lovers know what it is all about.

Bacon has been given a bad rap over the years and while you should not eat a couple pounds a day or anything like that, you can enjoy eating a moderate amount and still reap all the benefits of the Paleo diet.

Paleo Condiments Is The Cookbook You Need

Tired of gnawing on dry, flavorless pieces of meat?

When was the last time you looked at one of those dry, boring chicken breasts and thought to yourself "YUM"? Never, who does that? Everything tastes better with a condiment, but the problem is most of the packaged ones are full of unhealthy ingredients.

What is a BBQ meal without something dripping with sauce? A travesty, that's what. Paleo followers can now enjoy barbecuing while maintaining their dedication to their lifestyle and health.

Boom! That stainless steel, 14,000 BTU barbecue with the 740 square inches of cooking space just became the life of the party again. Get out the wet wipes because it's about to get saucy.

Family Freedom With The Paleo Cookbook

Inside the “Paleo Cookbook” you are going to find 50 delicious Paleo recipes that your whole family will want to eat. You can also modify the recipes to fit how strictly you follow a Paleo lifestyle. Maybe you still eat some dairy or wheat and have just cut back. No problem.

Paleo Slow Cooker Recipes Ready When You Are

No time to cook? Join the club. Between hitting the gym, work and family functions, who has time to cook for two hours a night? Not you or why would you be looking for a book on Paleo slow cooker recipes?

Nothing beats coming home to a hot, delicious Paleo meal that all you have to do is scoop and serve. There is also the fact you can make enough to have leftovers that can be frozen or eaten the next day, preventing you from having to cook another night.

If that isn’t enough to convince you that a slow cooker will be your new best friend how about waking up to the smell of Cashew Butter Toast or Ham and Spinach Bake for breakfast.

Time To Eat!

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Troy Riley:

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William Oden:

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David McKenney:

Reading a book being new life style in this season; every people loves to examine a book. When you go through a book you can get a large amount of benefit. When you read guides, you can improve your knowledge, because book has a lot of information on it. The information that you will get depend on what sorts of book that you have read. In order to get information about your analysis, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, this kind of us novel, comics, and soon. The Paleo Diet Box Set: Paleo Diet Recipes: Bacon, Condiment, Gluten Free And Slow Cooker Recipes offer you a new experience in reading a book.

Marian Knight:

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