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Approdare alla dieta Paleo può essere difficile, ma ci sono un sacco di menti creative là fuori che hanno lavorato per rendervi le cose più facili!

Questo libro raccoglie 30 tra le più facili e migliori degustazioni delle ricette Paleo autoimmuni che sono perfette per iniziare la giornata. Non importa quali siano le vostre preferenze - a base di carne, zuppa, dolci, e anche yogurt e frullati - in questo libro ci sarà sicuramente quello che fa per voi.

E' stato dimostrato che la colazione è il pasto più importante della giornata, quindi non c'è niente di meglio di un cibo vero per svegliarti. Continuate a leggere, mangiate di cuore e godetevi il vostro stile di vita AIP!

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