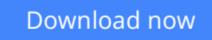


Paleo Cookbook: 14 Days Diet for Weight Watchers and Healthy Eating: (Paleo Cookbook, Paleo for beginners, Paleo approach, Paleo Vegan, Paleo Vegetarian, Practical Paleo)

Melanie Brown



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Paleo Cookbook: 14 Days Diet for Weight Watchers and Healthy Eating

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Why were our hunter-gatherer ancestors taller, more agile and strong? Why do most people today suffer with weight issues and several diseases? What did they do differently? Basically, our ancestors ate healthier whole, unprocessed foods. We, however, are obsessed with processed and conveniently available foods that lack nutrients. That is the main difference.

Do you want to know how to be more like our hunter-gatherer ancestors? Do you want to be in a better shape? This **Paleo cookbook** uncovers the answers you have been looking for.

Find out how you can use the Paleo diet to your best advantage. Learn how it can help you control your weight and improve your overall well-being.

Rather than just a cookbook however, this book offers a great insight on the Caveman diet as many people call it. Learn how you can successfully integrate the Paleo way of living to your own lifestyle. This is **Paleo** for beginners.

Many people think the diet is complicated. It can be complex but it can be simple as well depending on how you take it. **Paleo beginners** will find it easy to follow the plan laid out in this book as it offers step-by-step and day-to-day program to jumpstart **Paleo weight losss** and send you on your way to improved health. This is not only meant for **Paleo vegan** dieters. The recipes include **Paleo vegetarian** as well as meat-based recipes that you will enjoy preparing and eating.

Going through this 14-day meal plan, you will realize that you can survive without the things you usually consume like high carb foods, processed foods as well as grains and legumes which only prohibit the absorption of nutrients in our body. Much like our ancestors did, we can also survive on plant and animal-based foods and sea foods alone. In fact, this balanced diet can help us thrive. After 14 days, you will feel the Paleo difference and you'll be happy you gave it a shot.

Example recipes

Example recipes

Day 1

Breakfast: Eggplant with Egg Stuffing Lunch: Seaweed and Cucumber Salad Snack: Tropical Salad Bowl Dinner: Cauliflower Rice in Coconut

Day 2 Breakfast: Morning Milkshake Lunch: Thai Inspired Cucumber Salad Snack: 2 Celery Sticks Dipped in Almond and Egg Hummus Dinner: Shrimp Sauté

Day 3 Breakfast: Strawberry and Cucumber Salad Lunch: Vegan Taco Snack: Spinach Lemonade Dinner: Pumpkin Soup with Lentil and Maca

Day 4 Breakfast: Fruit Bowl Lunch: Marinated Kale in Garlic and Lemon Snack: Pear and Celery Juice Dinner: Crab Claws Served with Cauliflower Rice

Day 5 Breakfast: Blackberry Salad Lunch: Watermelon-Jalapeno Gazpacho Snack: Cucumber Slices Served with Almond and Egg Hummus Dinner: Baked Chicken Breast with Bell Pepper and Mushrooms

Day 6 Breakfast: Avocado Spinach Smoothie Lunch: Dolmas with Cucumber and Dill Sauce Snack: Hot Cocoa Dinner: Broiled Fish Drizzled with Tomato Sauce

Day 7 Breakfast: Seasoned Patty Lunch: Nori Wrap with Avocado and Cucumber Snack: 1 cup Edamame Dinner: Chicken Soup with Celery and Carrots

Day 8 Breakfast: Breakfast Quiche with Mushrooms and Spinach Lunch: Detox Salad Snack: Hot Cocoa Dinner: Grilled Sea Bass Served with Steamed Asparagus

Day 9 Breakfast: Seasoned Patty Lunch: Apple and Pumpkin Soup Snack: Crispy Kale Dinner: Mushroom Steak

Day 10 Breakfast: Breakfast Quiche with Mushrooms and Spinach Lunch: Broccoli Salad with Cashew Dressing Snack: 1 Whole Apple Dinner: Chicken- Avocado Salad in Lettuce Wrap

Day 11 Breakfast: Breakfast Casserole Lunch: Roasted Vegetables Snack: Hot Cocoa Dinner: Catfish Served with Creamed Shallot

Day 12 Breakfast: Breakfast Casserole Lunch: Roasted Vegetables Snack: 14 Almonds Dinner: Morocco-Inspired Meatballs

Day 13 Breakfast: Deviled Eggs Lunch: Morocco-Inspired Meatballs Snack: Spinach Lemonade Dinner:

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From reader reviews:

Ryan Wysocki:

Information is provisions for those to get better life, information nowadays can get by anyone in everywhere. The information can be a understanding or any news even a concern. What people must be consider any time those information which is from the former life are challenging to be find than now's taking seriously which one would work to believe or which one the actual resource are convinced. If you receive the unstable resource then you understand it as your main information we will see huge disadvantage for you. All those possibilities will not happen within you if you take Paleo Cookbook: 14 Days Diet for Weight Watchers and Healthy Eating: (Paleo Cookbook, Paleo for beginners, Paleo approach, Paleo Vegan, Paleo Vegetarian, Practical Paleo) as the daily resource information.

Maureen Daniels:

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Norman Ross:

Paleo Cookbook: 14 Days Diet for Weight Watchers and Healthy Eating: (Paleo Cookbook, Paleo for beginners, Paleo approach, Paleo Vegan, Paleo Vegetarian, Practical Paleo) can be one of your starter books that are good idea. We recommend that straight away because this reserve has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The author giving his/her effort to get every word into enjoyment arrangement in writing Paleo Cookbook: 14 Days Diet for Weight Watchers and Healthy Eating: (Paleo Cookbook, Paleo for beginners, Paleo approach, Paleo Vegan, Paleo Vegetarian, Practical Paleo) although doesn't forget the main stage, giving the reader the hottest and based confirm resource details that maybe you can be among it. This great information may drawn you into completely new stage of crucial pondering.

Lewis Shafer:

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