



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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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 loss** 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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Lewis Shafer:

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