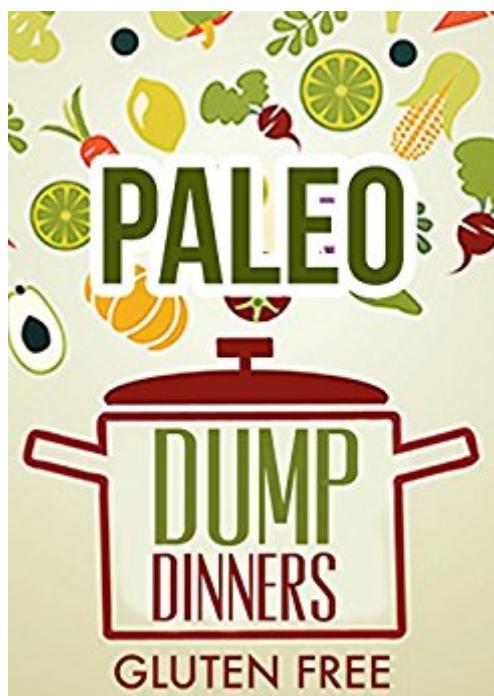


The book was found

Whole Food: Paleo Diet Dump Dinners-Grain Free Dairy Free Meals In One Pot



Synopsis

Ketogenic Dump Dinners-Anti-Inflammatory-Low Carb High Fat Paleo Living For The Price Of Coffee
No added sugar of any kind, real or artificial. Grain Free Legume Free Soy Free Dairy Free
Avoid carrageenan, MSG or sulfites when adding your personal brands Improve Your Immune System Naturally
Here's a glimpse of the recipes: Beef Brisket Crockpot Apple Pork Tenderloin
Enchilada Chicken Stew Crockpot Pulled Pork Chili Easy Shredded Pork over Caramelized Mashed Plantains Hawaiian Pizza Salad Pork Chop Butternut Squash Boneless Pork Short Rib Breakfast Tacos Maple Mustard Short Rib Bacon Burgers Crockpot Sugar Detox Dessert Stuffed Apples
Stupid Easy Perfectly Cooked Yams Garlic Pork and Rice Crackpot Fig Apple Butter Asian Marinated Crockpot Beef Spare Rib

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Customer Reviews

I hear about Paleo and that it has a lot of benefits, so I wanted to find more. I search for this kind of book, and this book was interested then others for me. I read it, and I can say that is a good book with great recipes, that have good instructions which you can follow and make a great meal. Also

Paleo, is great for everyone who want to easy and efficient. I recommend this book to all.

A book full of interesting recipes. Every recipe is health wood. There are only recipes, but I found this book interesting because the recipes use a lot of vegetable; all ingredients measurement are in "cup" "teaspoon". At the end of each recipe you will find calorie counting of the plate, fiber, carbohydrates and sugar. Definitely a very thorough book.

Lots of great and very healthy recipes for getting back your health! These recipes are perfect for someone starting their paleo diet or even someone experienced just wanting new recipes and great information. Great recipes easy to make and well described to be able to understand even for someone who does not cook very often! Remarkable

Lots of crockpot dinner recipes. Very easy to cook. Follow the instructions in the book and put the ingredients in the pot, turn it on low heat or high heat and let it cook for up to 10 hours while you carry on other activities. Book includes 40 - 50 recipes including Brazilian curry chicken, Hawaiian pizza salad, green chicken chili et...

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