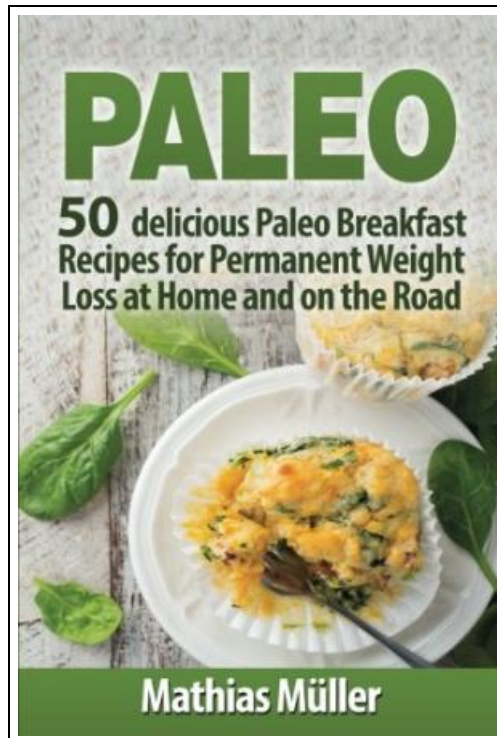


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Paleo is a healthy way to lose weight. It is also called the caveman diet because the ingredients that you will use are those that our ancestors also ate. Most of these ingredients are real and natural foods. The diet eliminates simple carbs from your diet. As a result, your body burns fat for energy. To make sure that you won't eat the same dishes over and over again, the 50 recipes are split into 5 categories: Low-Carb Hot Soup for Breakfast There are times when mornings wouldn't be complete without a hot delicious soup that you can eat with a slice of Paleo bread or a cookie. The soups range from the typical cabbage roll soup to certain kinds of soups inspired by international cuisines. Hearty Breakfast Whether you want eggs, meat, Paleo sandwich, or cauli-rice first thing in the morning, the list has the best 10 meals that will boost your energy. These dishes will make you feel full until your next meal. Sweet Breakfast Who says that you can only eat sweets for dessert? You can have them for breakfast as well. The best thing about this is that you can prepare most of the treats ahead of time and easily grab them when it's time for breakfast. Breakfast for Guests You don't need to explain to anyone that you are on a Paleo diet. Just let them experience and get them amazed with the wide variety of treats and dishes that you can easily prepare for your guests. Breakfast Beverage and Smoothies If you don't feel like eating a meal in the morning, your best resort is to prepare the kind of beverages...

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