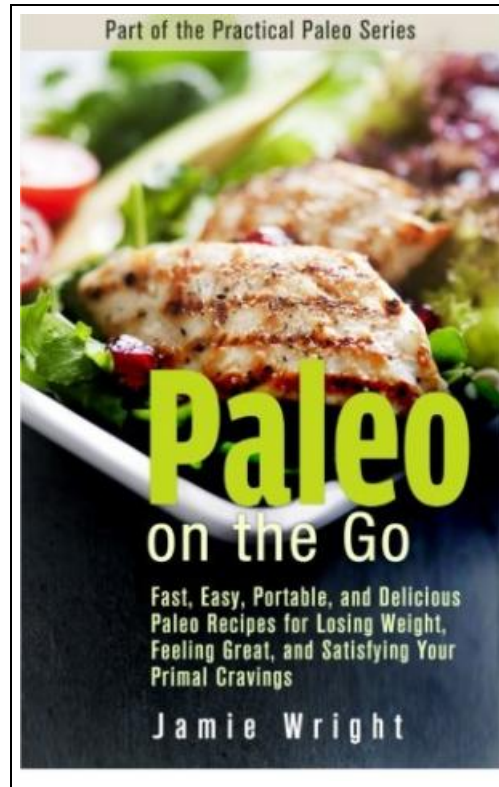


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.People who make the switch to the paleo diet are always amazed by the easy weight loss, increased energy and focus, and vibrant health they experience. But many are worried that in order to maintain all of these incredible health benefits, they ll have to spend tons of time in the kitchen preparing healthy home cooked meals from scratch. Luckily, it doesn t have to be this way! With the right know-how, you can make healthy, wholesome, delicious paleo meals in a fraction of the time it normally takes; and Paleo On the Go, we want to give you that know-how. In Paleo On the Go, you ll learn how to. Make fast, easy, delicious breakfasts that will give you steady, focused energy all morning long, in about the same amount of time than it would take you to toast a few pieces of bleached white bread. Prepare tasty, portable, super-satisfying salads and wraps that you can take with you anywhere, in about the same amount of time it would take you to throw together a crumbly sandwich. Create hearty, mouth-watering marinated dinners that will sit patiently waiting for you in the fridge until dinner, and cook up in about the same amount of time it takes to sit in a fast food drive through lane. Make tasty, healthy, grab-and-go snacks that you can bite into anytime, anywhere, in about the same amount of time it takes to buy a stale candy bar from a vending machine. . all while enjoying delicious gourmet paleo dishes like: Apple Cinnamon Muffins Raspberry Dark Chocolate Quiche Sundried Tomato Basil Chicken Wrap Spicy Almond Citrus Tuna Salad Honey Lime Marinaded Steak Thai Marinaded Chicken...

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