



31 Paleo Brown Bag Lunches to Go: Easy Recipes for Working People

By Mary R Scott

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Searching for quick and easy Paleo lunch ideas? Search no further. With 31, under 30-minute recipes, this book is perfect for the work force. Featuring 13 salads (both green and mixed), six wraps, three sandwiches, and more, you are sure to find plenty of delicious, healthy, simple meals to make your work-week easier. Each recipe includes: Serving size, Exact ingredients and measurements, Step-by-step directions, and A touch of nutritional information With such variety included here, you are sure to find favorites and staples to help you keep lean.



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is full of knowledge and wisdom Its been printed in an exceptionally easy way in fact it is simply after i finished reading this publication by which basically modified me, affect the way i really believe.

-- Troy Dietrich DDS

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