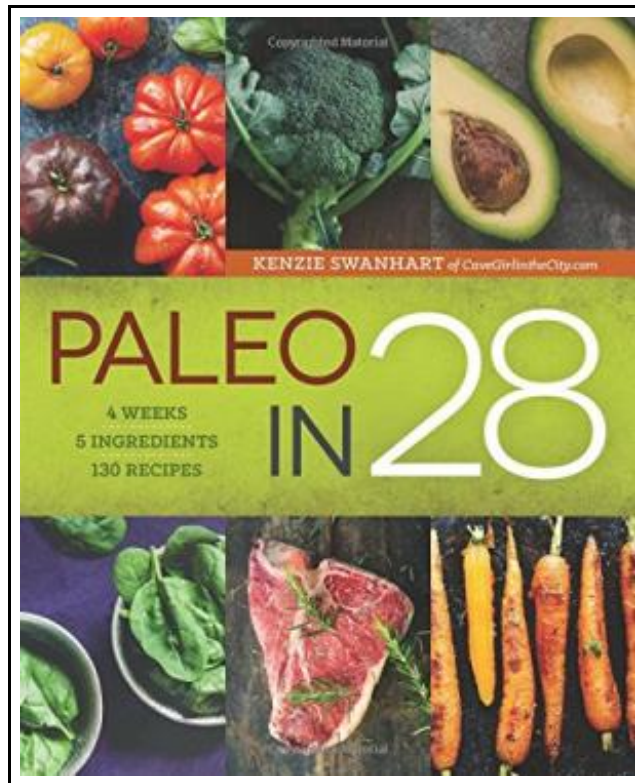


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Sonoma Press, United States, 2015. Paperback. Book Condition: New. 234 x 188 mm. Language: English . Brand New Book. A Super Simple Guide to Going Paleo for Your Not-So-Simple Life Kenzie Swanhart knows firsthand just how hard it can be to introduce a Paleo diet into your hectic routine. In Paleo in 28, she teaches you that it takes only five ingredients, plus a few basic pantry staples, to create mouthwatering Paleo recipes for today and everyday. Making the transition to Paleo has never been easier with this effortless guide, which boasts: A flexible 28-day meal plan so that you never have to wonder what to eat 130 delicious recipes, from Good Morning Mug Biscuits and Nacho Kale Chips to Fall-Apart Short Ribs and Almond Butter Bars Streamlined shopping lists to save time and money A customizable one-week Paleo menu to help you strategize beyond your first 28 days Nutritional information for every recipe Enjoy the classic flavors of all your favorite foods with gluten-free Paleo recipes that will jumpstart your healthy lifestyle and keep your taste buds happy. [Author bio] Kenzie Swanhart is the founder and author of the popular food blog Cave Girl in the City. In an effort to find balance and regain a healthy lifestyle after college, Kenzie adopted the Paleo diet. She started her blog to share her successes, resources, and findings with others on a similar journey.



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