



## 4 Weeks of Fabulous Paleolithic Breakfasts

By Amelia Simons

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 100 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Buyers of 4 Weeks of Fabulous Paleolithic Breakfasts are saying: This book has a good variety of breakfast foods and I was impressed with how good the food was. This book is full of super easy recipes! I have also thoroughly enjoyed the lunch and dinner books as well. I bought this recipe book because I liked the list of recipes I saw with the Look Inside feature and I truly have enjoyed the recipes that Ive cooked. Amelia Simons 4 Weeks of Fabulous Paleolithic Breakfasts is a collection of 28 delicious recipes to help you start your day with healthy and satisfying dishes without grains and gluten. As many people are choosing to eat healthier as well as desiring to lose weight, they are enthusiastically turning to a Paleolithic lifestyle consisting of a low-carb diet rich in healthy meats, fish, seafood, vegetables, good fats, nuts, and seeds. Some of the delicious breakfast recipes included in this cookbook are: 1. South of the Border Frittata 2. Cranberry Almond Bread 3. Freedom Waffles 4. Coconut Blackberry Breakfast Bars 5. Berry Nutty Breakfast...



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