



Paleo Freezer Meals: 30 Awesome Recipes That Will Help You Lose Weight, Feel Great, and Your Family Will Love! (Paleo Power Series Book 2)

Jennifer Wood

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Paleo Freezer Meals

Paleo Power Series, Book #2

Taking the time to plan and cook your meals ahead of time can be crucial to sticking to a healthy diet. You won't be tempted to cheat on your diet because there is already a healthy meal waiting for you at home. Planning ahead and freezing your meals can save time, energy, and money.

This book was created to help you plan ahead and make delicious meals. We've included 30 Paleo-friendly meals that you can cook, freeze, and enjoy whenever you wish!

Here Are The Recipes You Will Enjoy:

Breakfast Burritos
Bacon and Kale Breakfast Casserole
Almond Flour Pancakes Topped with Strawberry Chia Seed Jam
Paleo Fiesta Breakfast Bowl
Paleo Banana Waffles
Mini Meat and Veggie Frittatas
Italian Brunch Bake
Paleo Poppyseed Lemon Muffins
Coconut Pecan Breakfast Bars
Banana Pancakes
"Animal-Style" Burgers
Jalapeño Chicken Burgers
Steak and Cranberry Salad with Vinaigrette Dressing
Pizza Casserole
Chicken Tortilla Soup Crockpot Recipe
Tomato-less Chili
Stuffed Beef Cannelloni
Asian-Style Slow Cooker Chicken Wings
Paleo Meatza with Eggplant and Spinach Walnut Pesto
Dairy-Free Creamy Chicken and Mushroom Soup
Shrimp Scampi
Chicken Divan
Bruschetta Chicken
Sweet Sauced Pork Chops

Spicy Beef with Broccoli
Paleo Chicken Vegetable Stew for Crockpot
Salmon with Green Beans, Tomatoes, and Olives
Tacos with Shredded Beef, Avocado, and Lime
Crockpot Pork Tenderloin with Apples and Honey
Broiled Salmon with Lemon Rosemary

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