



Quick Healthy Easy Recipes: Healthy Paleolithic Meals and Delicious Quinoa

Catherine Harris

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Quick Healthy Easy Recipes Healthy Paleolithic Meals and Delicious Quinoa Have you been thinking of switching over to the paleo diet? Have you heard great things about it and can't wait to get back to the basics? If so, then you've most certainly come to the right place. This book is full of healthy easy recipes that adhere to the paleo diet standard. These quick and easy healthy recipes will give you the edge you need without forcing you to do the research normally associated with switching to the diet. The paleo diet consists of a number of quick easy healthy recipes that ultimately take your body back to a simpler time. Within this diet you will be utilizing easy recipes and eating foods that were consumed by our ancestors thousands of years ago. To some it might sound crazy, but these quick and healthy meals will clearly give the body more energy. Many of our problems today come from eating the wrong foods! After all, there is no reason to shove our bodies full of the toxins offered by the majority of fast food companies! One of the most difficult aspects of a diet is sticking with it. After all, you have a world full of temptation out there! What you can do however is take advantage of the great recipes in this book, and use them to replace the old SAD (Standard American Diet) foods that you have become accustomed to.

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