



# **Paleo Diet for Beginners: 105 Quick & Easy Recipes - 21-Day Meal Plan - Tips for Success (Healthy Living)**

*Madison Miller*

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**The paleo diet is not just another trendy diet, it's a lifestyle! Eat like our ancestors to finally, feel healthy, boost your energy and lose weight!**

**Inside, find the essentials of following a paleo diet lifestyle and much more including:**

- What the paleo diet is all about
- What are the health benefits
- What foods you can enjoy daily, in moderation and to avoid completely
- Trick and tips to make paleo cooking easy
- 21-day eating plan that includes breakfast, lunch and dinner plus snacks and desserts!
- Over 105 paleo recipes to choose from

**What really make this book unique is the 105 creative and unique Paleo and Gluten-free recipes that are not only easy to make but that you can whip up quickly.**

Made with fresh and easy to find ingredients, you will be able to prepare impressive meals in no time, like:

- The caveman breakfast hash, the glorious morning smoothie or the primal blueberry waffles for nutritious breakfast selections.
- Super easy to make snacks options like fresh berry cereal, pumpkin pie spice sweet potato or spicy cauliflower.
- Lunch will be a breeze with recipes like the macadamia hummus, the paleo prawns with tomato sauce or the sautéed coconut chicken.
- Mouth-watering dinner recipes like the stuffed sea bass, the primal chicken fajitas or herb crusted pork tenderloin.
- A sweet finishing touch with recipes like ginger brownies, sweet and salty chocolate barks or the honey coated walnuts and peaches.

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