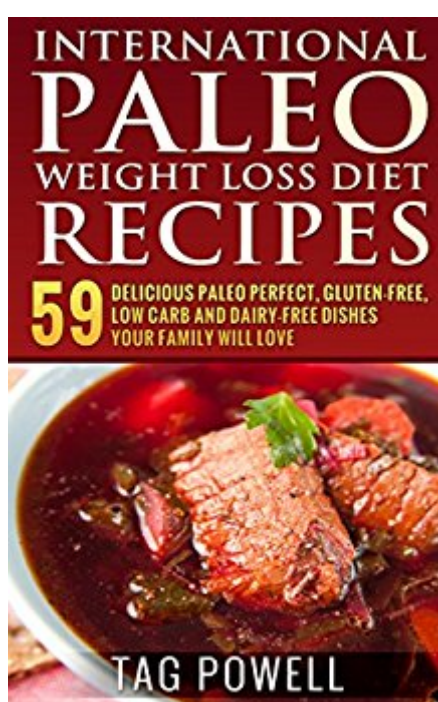


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# International Paleo Weight Loss Diet Recipes: 59 Delicious Paleo Perfect, Gluten-Free, Low Carb, Dairy-Free Recipes For You And Your Friends And Family



## Synopsis

5-Star Best Seller In Category 59 Simple Paleo Gluten-Free Weight Loss Diet Recipes For Friends and Family. These delicious meals will fool the anti-healthy food nuts. Enjoy your meals while creating and maintaining your natural mind and body. No more boring tasteless diet punishments as these are delicious and easy to prepare and a joy to share. A great choice of breakfasts, soups, salads, main course and desserts are all genuine Paleo Perfect. Your family and friends will never get bored They don't have to know it Paleo and Gluten-Free. Whatever don't miss the International Paleo Steak and Mushrooms Recipe one of the many recipes added by Chef Cutting. As a one of the FREE bonuses you will see the video Chef Cutting preparing his exciting International Paleo Steak and Mushrooms dish, you can follow him step-by-step, if you miss something just rewind the video. You will also receive 3 Day Paleo Meal Plans to get you started, we even include the 3 Day Meal Plan Shopping List and the best of all you will receive a one year FREE subscription to the International Paleo Recipes Newsletter. You will receive new Paleo Recipes, Paleo cookbook reviews and an occasional video by Chef Cutting. BTW You can permanently unsubscribe at any time with one click. Read the Verified reviews. The book was purchased by the reviewer. Kim L. - Verified Purchase This book has had a considerable amount more effort put into it than the average paleo recipe book. There is an excellent mix of different types of recipes, for different meals, and drawn from recipes found in many parts of the world. It starts with a good basic 'what is the Paleo diet' explanation, for those who have not experienced it before, and goes on to give some truly innovative and delicious sounding recipes. I fully intend to try them all, and to try converting many of my cupcake recipes to Paleo versions Jim O'Brien Verified Purchase So I was looking for something that would give me guidance on the Paleo diet. Too many confusing articles are out there, but this one gave the topic clarity and guidance. Plus, there is an emphasis on organic food products. That's a plus right there. And these aren't those chi-chi, goofy concoctions that you are used to seeing. The authors here are creative with their choice of recipe items. For example, a Cuban Spinach and Avocado Omelette. Simple ingredients, tons of flavor. My family asks me to prepare those frequently. Maple Glazed Sweet Potato Scones are a perfect change up as a brunch offering. And the Asian Sesame Chicken with the almond butter and ginger is the bomb. You can't go wrong with this recipe book. They've nailed it. Highly recommended. Raymondo - (New Zealand) - Verified Purchase I liked the recipes in this cookbook, they are well presented in logical groups for easy selection and I particularly liked the gluten free aspect. In addition to some great recipes, links to meal plans and other useful information can be accessed from the links within the ebook, a nice inclusion. Eating Paleo and gluten free just makes sense and this book provides the right

recipes. Joyce E. Reid "joyce" (Arizona) - Verified Purchase I am new to Paleo so was fascinated by the use of different products in traditional international recipes that I am familiar with. I was convinced. I had to go out and buy some new ingredients that I had never used before but it was well worth it as I experimented with this new method of eating. My kids loved the Crispy Fish Sticks and knowing they were so much more healthy for them than the store bought ones made me willing to make them more often. Salads are something I usually enjoy for lunch and I was amazed at some of the combinations used in these recipes. But amazement quickly turned to yum-yum-yummy. If you are a Paleo fan or are just new to it, you will find this cookbook a great addition to your ebook recipe book

## **Book Information**

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## **Customer Reviews**

This book has had a considerable amount more effort put into it than the average paleo recipe book. There is an excellent mix of different types of recipes, for different meals, and drawn from recipes found in many parts of the world. It starts with a good basic 'what is the Paleo diet' explanation, for those who have not experienced it before, and goes on to give some truly innovative and delicious sounding recipes. I fully intend to try them all, and to try converting many of my cupcake recipes to

Paleo versions ( see my existing cupcake books here on , and watch out for a Paleo version!)

So I was looking for something that would give me guidance on the Paleo diet. Too many confusing articles are out there, but this one gave the topic clarity and guidance. Plus, there is an emphasis on organic food products. That's a plus right there. And these aren't those chi-chi, goofy concoctions that you are used to seeing. The authors here are creative with their choice of recipe items. For example, a Cuban Spinach and Avocado Omelette. Simple ingredients, tons of flavor. My family asks me to prepare those frequently. Maple Glazed Sweet Potato Scones are a perfect change up as a brunch offering. And the Asian Sesame Chicken with the almond butter and ginger is the bomb. You can't go wrong with this recipe book. They've nailed it. Highly recommended.

I'm impressed with this book. It seems to have just about everything a dedicated paleo eater would want in a recipe book... a wide array of delicious sounding recipes for assorted snacks, meals and deserts. It even includes a handy explanation of the benefits of the paleo approach for curious friends and relatives. On the downside, the book doesn't have many photos, but it really doesn't need them because the recipes are thoroughly and logically explained. I had no idea that paleo dishes could be so appealing!

So many choices with different taste sensations. The author truly takes you around the world with his international recipes. With so much content, you can plan several weeks of meals with this one book. Here's a meal plan I made: Breakfast - Cuban Spinach & Avocado Omelet Lunch - Morocco Chicken & Sweet Potato Stew Snack - Mexican Meatballs with Tomato Sauce Salad - Fresh Berry Salad with Strawberry Vinaigrette Dinner - Spiced Roast Beef Dessert - Southern Pecan Pie with Date Crust

This is a great compilation of paleo recipes. But what I really like is that they are also gluten free. These recipes are very versatile and cover both those who need to eat gluten free for health reasons but can still eat paleo and natural too. It has a lot of very good recipes that are really easy to make. The recipes are taken from all over the world which offers a great variety to taste and try! Great book!

Tag has really out done himself with this Paleo recipe book. My mouth is watering as I read through all of the recipes. The first ones on my list are; Chocolatey Coconut Clusters, Tangy Keywest Shrimp,

Turkey Veggie Chili and Pumpkin Flan. I could go on and on. Healthy and gluten free recipes are high on my list of must-have recipes for my family. I also really appreciate that Tag includes meal plans and shopping lists. That make my busy life so much easier when I go shopping.

I liked the recipes in this cookbook, they are well presented in logical groups for easy selection and I particularly liked the gluten free aspect. In addition to some great recipes, links to meal plans and other useful information can be accessed from the links within the ebook, a nice inclusion. Eating Paleo and gluten free just makes sense and this book provides the right recipes.

Generous 59 International Paleo recipes. I've already sampled a few: Moroccan Almond Crackers and Sweet & Sour Potatoe Salad are so far my favourites. There are some amazing recipes from foods that are very healthy, but I never liked them, for example Brussel Sprouts. Thanks to the author. Recommended.

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