



Easy Healthy Cooking: Healthy Recipes from the Paleolithic Diet and Superfoods

Lori Chase

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Easy Healthy Cooking: Healthy Recipes from the Paleolithic Diet and Superfoods Discover the meaning, and numerous benefits, that the Paleo diet has to offer. Find your way to a healthier way of living, just as our ancestors shared. Since Superfoods go hand-in-hand with the Paleo way of eating, you will find a complete section on what they are, why they are super, and how to prepare. By using tried and true methods of preparation and easy healthy cooking, you will gain an insight into better health. The Paleolithic Diet merely cuts back to basics. Fruit, vegetables, meat, nuts and seeds are contained in this ago-old way of eating. Creating a lower BMI and blood pressure, plus increased antioxidant level, you will enjoy better circulation and all around, feeling better. Find facts regarding Paleo food types, a Paleo food list, a daily meal planner and answers to any confusion, you may have heard, surrounding the Paleo method of eating. The Superfoods Diet offers much of the same, with healthy cooked meals, clearly explained for preparation and cooking. Great healthy breakfast menus and snacks are satisfying and almost too good to seem healthy. Find out how having a higher metabolism, more energy and shedding extra pounds, can make you feel better and look better, by eating the right foods. Healthy recipe ideas that use herbs and spices, will give otherwise boring meals, a succulent taste, and energy geared snacks will put the whole family on the right track to healthier living. Recipes such as Broccoli and Pine Nut Soup and Chicken with Macadamia Nut will introduce you to new and exciting foods that give special flavour to everyday meals. This is a great book for beginners that are tired of diets that deliver empty promises and fail after a few weeks. This Paleo Diet and the Superfoods Diet guides, provide simple healthy cooking and recipes, healthy tips and more that will put you in control of your weight management.

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