

FAVORITE PALEO MEAT DISHES 3-in-1: 63 Delicious Everyday Paleo Beef, Chicken & Pork Recipes (Everyday Paleo Recipes Book 10)

FAVORITE PALEO MEAT DISHES 3-in-1: 63 Delicious Everyday Paleo

✓ Verified Book of FAVORITE PALEO MEAT DISHES 3-in-1: 63 Delicious Everyday Paleo Beef, Chicken & Pork Recipes (Everyday Paleo Recipes Book 10)

Summary:

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Bringing together three of the popular Happy Cook Paleo Favorite Cookbooks in one super tasty volume: FAVORITE PALEO MEAT DISHES 3-IN-1 - 63 Delicious Everyday Paleo Beef, Chicken & Pork Recipes.

Make your Paleo meat dishes sing beautifully together using the three Paleo favorites: Beef, Chicken & Pork. 63 specially chosen recipes you will come back to time and again.

INCLUDED IN THIS ONE VOLUME:

21 FAVORITE PALEO BEEF RECIPES

When you're eating Paleo, the right beef is your best friend. Paleo people are carnivores to the core, and nothing satisfies that meaty craving like a nice piece of beef.

There's so much you can do with beef. From juicy, fire-grilled steaks and burgers, to slow-cooked roasts, the mighty cow is sure to please. In this delicious volume, we hope to offer a broad selection of beef dishes that will set you to exploring the world of offerings available to you.

With suggestions on how to source the best beef, the best equipment to use for top results, and of course a variety of our all time favorite Happy Cook Beef recipes, you will be licking your lips with anticipation as you dive in and spark up the oven!

21 FAVORITE CHICKEN RECIPES

Chicken is a versatile, economical and flavorful option that any Paleo person can appreciate. No other meat can match it for value or versatility; nearly every culture in the world prepares chicken.

As a result of this, the demand for chicken is exceedingly high, and the suppliers have had to cut some corners to continue meeting it. Chickens these days are kept immobilized in cages, fed with hormones that grow their breast muscles wildly out of proportion, and treated with so many chemicals it's hard to know where the chicken ends and the additives begin. All of which makes it a bit tough for Paleo people.

Now it's time for Paleo people to take back our chicken! Luckily, as public awareness of food production grows, organic free-range chicken is becoming the norm. You pay a little more, but the benefits to your health will be apparent almost immediately. So long as you're making smart choices, chicken is bound to be a large and enjoyable part of your Paleo lifestyle.

In this super tasty Happy Cook collection we bring together 21 of our all time favorite Paleo Chicken dishes for your enjoyment.

21 FAVORITE PORK RECIPES

Pork is a treasured addition to any Paleo person's routine. No meat can match it for flavor. The pig gives us a rich variety of tastes and textures that no other animal can; from lean pork chops, to crisp bacon, to melt-in-your-mouth tenderloin. Learning how to use it all in a healthy, natural, Paleo way will liven up your diet and keep your tummy satisfied!

Chances are if you're reading this book, you're a pork lover, and you're looking for a way to bring your favorite pork dishes into your Paleo plan.

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You have come to the right place. In this sizzling Happy Cook edition we bring together 21 of our all time favorite Paleo Pork dishes for your enjoyment.

With extra tips on the best way to buy your pork, and the equipment to use for best results, this will be collection you will come back to again and again.

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