

Paleo Diet To Get In Shape: 300 Paleo Diet Recipes (Paleo Diet Cook Book, Paleo Diet for Athletes, Paleo Diet for Runners, Paleo Diet Foods

# Paleo Diet To Get In Shape: 300 Paleo Diet Recipes (Paleo Diet Cook Book

✓ Verified Book of Paleo Diet To Get In Shape: 300 Paleo Diet Recipes (Paleo Diet Cook Book, Paleo Diet for Athletes, Paleo Diet for Runners, Paleo Diet Foods

## Summary:

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## PALEO DIET TO GET IN SHAPE

This all inclusive Paleo Diet Book contains over 300 top Paleo recipes from around the world!

Here is a sample of what you can expect in Chapter 1!

### Chapter 1 - Breakfast Recipes

Almond Flour Pancakes

Almond Muffins

Almost Oatmeal

Arugula and Leek Frittata

Bacon and Spinach Frittata

Bacon Stir-Fry Breakfast

Baked Eggs in Bacon Rings

Banana Almond Pancakes (Improved Recipe!)

Banana Tapioca Crepes

Belgian Waffles with Blueberries

Berries with Coconut and Lime

Berry Coconut Chia Smoothie

Blackberry Thyme Smoothie

BLT Breakfast

Blueberry Coconut Cereal

Breakfast Smoothie

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