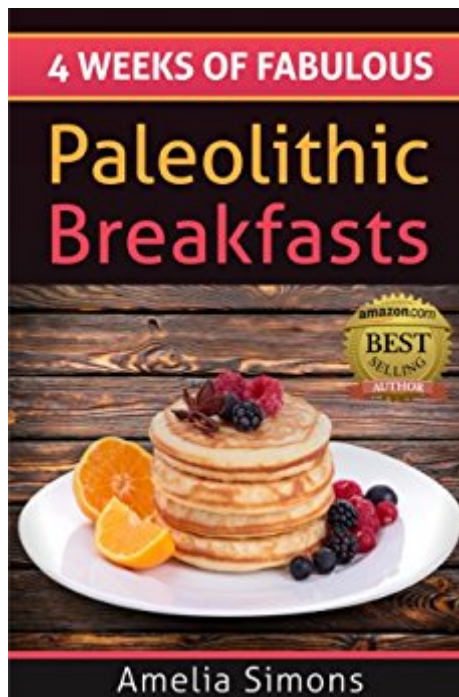




Ebook Directory
the best source of ebook

The book was found

4 Weeks Of Fabulous Paleolithic Breakfasts (4 Weeks Of Fabulous Paleo Recipes Book 1)



Synopsis

7.7.13 ~ UPDATED with pictures and a CLICKABLE INDEX at the end!Have an ingredient you want to use in a recipe? No problem! Just go to the index, find the ingredient, decide which recipe sounds good, click on it and the link takes you right to the recipe!Buyers of 4 Weeks of Fabulous Paleolithic Breakfasts are saying:~ "This book has a good variety of breakfast foods and I was impressed with how good the food was."~ "This book is full of super easy recipes! I have also thoroughly enjoyed the lunch and dinner books as well."~ "I bought this recipe book because I liked the list of recipes I saw with the "Look Inside" feature and I truly have enjoyed the recipes that I've cooked."Amelia Simons' 4 Weeks of Fabulous Paleolithic Breakfasts is a collection of 28 delicious recipes to help you start your day with healthy and satisfying dishes without grains and gluten. As many people are choosing to eat healthier as well as desiring to lose weight, they are enthusiastically turning to a Paleolithic lifestyle consisting of a low-carb diet rich in healthy meats, fish, seafood, vegetables, good fats, nuts, and seeds.Some of the delicious breakfast recipes included in this cookbook are:~ South of the Border Frittata~ Cranberry Almond Bread~ Freedom Waffles~ Coconut Blackberry Breakfast Bars~ Berry Nutty Breakfast SmoothieAlso included in this cookbook is an overview of the Paleolithic lifestyle that will give you a quick, easy-to-follow guide of the foods recommended and ones to avoid.PLUS, you will be thrilled with the newly created CLICKABLE index containing all the main ingredients used in the recipes. For example, do you have some vegetables you want to use? Then, go to the index, find the vegetable you have, look at the list of recipes that use that vegetable in it, click on the recipe titles that sound enticing, and the link takes you straight to that recipe. The clickable index makes searching SO EASY and is a feature you will thoroughly enjoy.Don't miss out on this great cookbook for only 99 cents! New favorites are just a click away for you, your family and friends.Now scroll back up to the top of this page and click on the "BUY" button to make tomorrow's breakfast delicious and a new beginning!Please note: If you are a Paleo eater like me and enjoy living by Mark Sisson's "80/20 rule," (eat a strict Paleo diet 80% of the time and relax a little bit the other 20%), you will find a few recipes that offer you the suggestion of using some dairy products like aged cheeses or butter if you can tolerate dairy. Also, because the issue of bacon continues to be an ongoing debate, bacon is a suggestion in a couple of recipes for you to consider enjoying on occasion if you desire. Finally, raw honey is used as a sweetener in several recipes, but can certainly be eliminated in most if you do not wish to include it.

Book Information

File Size: 1876 KB

Print Length: 101 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 29, 2012

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00877Q0MK

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #57,594 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9

inÃ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Breakfast #21

inÃ Â Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Breakfast #67

inÃ Â Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Paleo

Customer Reviews

I love this book use it almost every day

perfect

I've only just started to dip my toe into the paleo eating lifestyle. To get started I decided to change my breakfasts to paleo breakfasts, hence why I bought this book (plus it was only 99 cents). The book delivers on what it promises. It has paleo versions of egg dishes, muffins, pancakes, cereals and smoothies. Although I haven't gone through all of the recipes yet, the ones I've tried have been great. If you're interested in eating the paleo way, this book will help you get started (with breakfast, anyway).

Useful and delicious recipes. I bought the whole series.

This cookbook has lots of great recipes for my new way of eating.

Freebie - you get what you paid for...

Almost all seem to be egg based. Was hoping for more novel breakfasts

I only wanted recipes, not a lecture

[Download to continue reading...](#)

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) 4 Weeks of Fabulous Paleolithic Breakfasts (4 Weeks of Fabulous Paleo Recipes Book 1) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners (paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss (paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes, ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) Paleo Instant Pot Cookbook: Amazing Paleo Instant Pot Recipes for Whole Family (Paleo Instant Pot Recipes Cookbook, Paleo Diet Guide Cookbook, Paleo Diet Recipe Book, Paleo Diet for Beginners) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss Paleo For

Beginners: Paleo Diet – The Complete Guide To Paleo – Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Paleo Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) Paleo Instant Pot: 365 Days of Instant Pot Anti Inflammatory Paleo Recipes: Paleo Diet for Beginners, Paleo Diet Cookbook, Breakfast, Lunch, Snack, Crock Pot, Healthy, Slow Cooker, Paleo Recipes, Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick and Easy Paleo Dessert Recipes & Paleo Diet Baking Recipes (gluten free, lose belly fat, paleo ... diet desserts, paleo diet, wheat free) Paleo Slow Cooker: Healthy Delicious Paleo Diet Slow Cooker Recipes for Your Family (Slow cooker recipes, Low carb diet, Paleo diet recipes, Paleo Cookbook, Ketogenic Diet, Ketogenic recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)