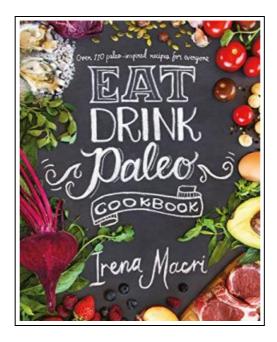
# Eat Drink Paleo (Paperback)



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### Reviews

This created publication is excellent. It generally does not price a lot of. You may like just how the writer create this pdf. (Jo Kuhlman)

### EAT DRINK PALEO (PAPERBACK)



Penguin Books Ltd, United Kingdom, 2015. Paperback. Condition: New. Language: English. Brand New Book. \*\*Winner of Paleo Book of the Year and Paleo Recipe of the Year at the UK Paleo Awards 2017\*\*Eat Drink Paleo is brimming with delicious, paleo-inspired recipes from the hugely popular paleo blogger, Irena Macri.From hearty feasts to feel-good snacks, Eat Drink Paleo will inspire seasoned paleo followers as well as those curious to know more about this way of eating. Irena has ensured that all her recipes are free from grains, gluten and processed sugar but, far from being restrictive, they showcase the rich flavours and inventive cooking that can be enjoyed as part of any healthy lifestyle. From Macadamia and Artichoke Stuffed Mushrooms to the Poached Coconut Chicken Salad and Chilli Chocolate Mousse, this is heavenly food which is also incredibly good for you; the type of food that your body was designed to eat. With over 100 delicious recipes, Irena Macri s Eat Drink Paleo is a must-have for anyone interested in eating a healthy, hearty, all-natural diet.



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