



## Paleo Diet for Beginners: Paleo Diet for Beginners Who Want to Get a Healthier Life (Paperback)

By Sarah Sparrow

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Paleo Diet and Lifestyle is about living a cleaner, healthier life and with that eating foods in their most natural forms, like our ancestors did thousands of years ago. The key to Paleo eating is staying away from processed foods, which our bodies were never built to ingest. The most challenging part for most people new to the Paleo diet is staying away from breads, pastas, rice and dairy products, items which most of us eat on a daily basis. The Paleo for Beginners cookbook tackles this challenge head-on by providing substitution solutions that are absolutely delicious and absolutely healthy - Forget about heavily-processed pasta and dig into our lovely recipes for Spaghetti Squash Noodles and saucy Eggplant Lasagna. If you re craving a succulent meaty sandwich, forget about carb-heavy bread and try our recipe for Pulled Pork on Zucchini Toast - For fabulous weeknight meals that take you on an international taste adventure try Curried Chicken on Cauliflower Rice, Italian Sausage and Peppers or Coconut Thai Beef. If you re looking for quick meal ideas check out the...



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