

365 Days of Perfect Paleo Air Fryer Recipes

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365 DAYS OF PERFECT PALEO AIR FRYER RECIPES



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 392 pages. Dimensions: 10.0in. x 8.0in. x 0.9in.Air Fryer Paleo Cookbook365 Days of Air Fryer Paleo Recipes If youre a fan of fried food, youve probably heard and read all about the potential dangers of this traditionally unhealthy way of preparing dishes. But now theres some incredibly good news for fried food aficionados The Air Fryer is about to change your life forever. Finally, it really is possible to enjoy all your favourite fried food dishes but without the artery-clogging oils that have made fried food a by-word for unhealthy eating. The Air Fryer uses superheated air to cook your food and provides an incredibly versatile approach to preparing the tastiest dishes whilst avoiding the dangers of saturated fats. This superb recipe book has been designed to cover every mealtime requirement and offers a fantastic array of dishes for every occasion. Now you can enjoy a wonderfully hearty and healthy breakfast, superbly tasty lunches, snacks and dinner all prepared by the wondrous Air Fryer. But theres much more. These Air Fryer recipes have been designed with strict adherence to the famous Paleo Method. This is the incredibly effective and famous way of fueling the body that encourages natural weight loss and promotes total health all the way down to the cellular level. This world-class collection of Air Fryer dishes gives you A great selection of vegetable dishes that youll love to present at any table Lunches that are fast and easy to prepare A wide choice of dinners that will promote better health and better sleep The best ingredients to detox your body and restore vibrant health The best foods for turning your body into a natural, fat-burning machine Plus a huge lot moreRecognised as one of...

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