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Paleo Breakfast Cookbook 31 Days of Easy Breakfast Recipes 31 Days of Paleo Volume 1

By Mary R Scott

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The Paleo Breakfast Cookbook: 31 Days of Easy Breakfast Recipes provides a months worth of recipes that are easy to follow and ensure you get the proteins you need to be functioning at your optimal best in the morning and throughout the day. 1. The recipe choices provide a nice balance between quick and easy for busy mornings like a 10-minute salmon and arugula salad to a little more adventuresome when you have more time like Mexican Breakfast Chili and Eggs or savory BLT crepes. 2. Smoothies are one of the quickest ways of whipping up breakfast and this book provides a range of flavor combinations from Strawberry Vanilla to Super Green Spinach and Kale Smoothies. Regardless of the flavors, they all provide protein and nutrients to power you through the mornings. 3. The recipes have been designed to make it easy for those starting out on the Paleo diet to figure out what is a Paleo yay or nay as the ingredients included in the meals follow Paleo dietary requirements and are balanced for nutrition efficiency. 4...



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