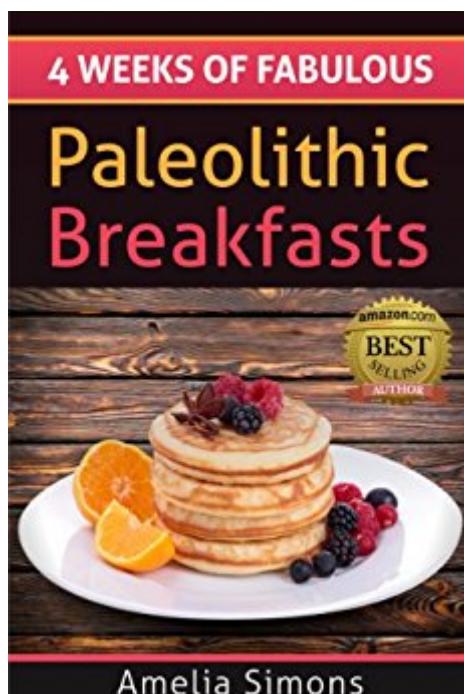


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# 4 Weeks Of Fabulous Paleolithic Breakfasts (4 Weeks Of Fabulous Paleo Recipes Book 1)



## 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:Â Â Â South of the Border FrittataÂ Â Â Cranberry Almond BreadÂ Â Â Freedom WafflesÂ Â Â Coconut Blackberry Breakfast BarsÂ Â Â 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

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## **Customer Reviews**

All the talk about going back to eat like your inner caveman or woman is hard to grasp. So I wanted to try out a few Paleo recipes. This book gives you some basic guidelines on what's allowable and what's not, but not much research to back up the diet. I'd prefer to know why a Paleo diet helps with weight loss and how it lowers cholesterol. The book is generous with 28 recipes that start you on the path to using coconut flour and everything almond to replace your grains. I'm going to try out the frittatas and see if the Paleo way of eating suits me. Overall, I'd like a few pics with my meals and maybe a calorie check or two to explain the author's claims of dropping pounds and lowering cholesterol eating the Paleo way. Still, I am glad to start my Paleo education.

This book has a good variety of breakfast foods and I was impressed with how good the food was. Made me feel like I could get through the day easier. If you haven't tried the paleo diet try this book first (since it's so cheap) and find out how good the paleo diet can be.

About half of the recipes in here are egg based (basically regular breakfast food) and the other half are coconut flour based versions of grain products (and more than half of them contain almonds

and/ or almond milk). Not bad for 99 cents, but there isn't much variety and half of the recipes aren't usable if you can't eat nuts.

Several excellent recipes for the gluten-challenged with easily available ingredients. I made the banana muffins this morning to rave reviews from a very skilled gluten-free baking family. I'm looking forward to trying several other recipes. Well done, Ms Simons!

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).

Since I started eating this diet I feel much better and breakfast has usually been very boring for me but it's definitely one of the most important meals of the day! I highly recommend this book!

I have been trying to eat this way for years now. I do good for while and then inevitably get bored and stray off my diet. The basic core of this diet is meat, vegetable, nuts, oils and water. The easiest way I have found to eat this way is a salad. But you're only going to eat a salad for breakfast, lunch, and dinner for so long before you're going to give up. So I was very excited to find this series of books on Paleo Recipes. This is literally going to spice things up so that I can finally have some variety. Not that this book is going to give me will power, but I think it will help me mentally stay on track, knowing that I don't have to eat the same thing over and over. I highly recommend this book to help in your endeavor to stay off processed foods.

Not many choices or simple quick fixes for folks on the run. Mostly cooking and time is necessary for this to be effective

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