



Paleo Freezer Meals: 30 Awesome Recipes That Will Help You Lose Weight, Feel Great, and Your Family Will Love! (Paleo Power Series Book 2)

Jennifer Wood

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Paleo Freezer Meals

Paleo Power Series, Book #2

Taking the time to plan and cook your meals ahead of time can be crucial to sticking to a healthy diet. You won't be tempted to cheat on your diet because there is already a healthy meal waiting for you at home. Planning ahead and freezing your meals can save time, energy, and money.

This book was created to help you plan ahead and make delicious meals. We've included 30 Paleo-friendly meals that you can cook, freeze, and enjoy whenever you wish!

Here Are The Recipes You Will Enjoy:

Breakfast Burritos
Bacon and Kale Breakfast Casserole
Almond Flour Pancakes Topped with Strawberry Chia Seed Jam
Paleo Fiesta Breakfast Bowl
Paleo Banana Waffles
Mini Meat and Veggie Frittatas
Italian Brunch Bake
Paleo Poppyseed Lemon Muffins
Coconut Pecan Breakfast Bars
Banana Pancakes
"Animal-Style" Burgers
Jalapeño Chicken Burgers
Steak and Cranberry Salad with Vinaigrette Dressing
Pizza Casserole
Chicken Tortilla Soup Crockpot Recipe
Tomato-less Chili
Stuffed Beef Cannelloni
Asian-Style Slow Cooker Chicken Wings
Paleo Meatza with Eggplant and Spinach Walnut Pesto
Dairy-Free Creamy Chicken and Mushroom Soup
Shrimp Scampi
Chicken Divan
Bruschetta Chicken
Sweet Sauced Pork Chops

Spicy Beef with Broccoli
Paleo Chicken Vegetable Stew for Crockpot
Salmon with Green Beans, Tomatoes, and Olives
Tacos with Shredded Beef, Avocado, and Lime
Crockpot Pork Tenderloin with Apples and Honey
Broiled Salmon with Lemon Rosemary

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From reader reviews:

Tim Simmons:

Do you have favorite book? In case you have, what is your favorite's book? Book is very important thing for us to find out everything in the world. Each reserve has different aim or goal; it means that book has different type. Some people truly feel enjoy to spend their time for you to read a book. They can be reading whatever they get because their hobby is definitely reading a book. Consider the person who don't like reading through a book? Sometime, man feel need book once they found difficult problem or maybe exercise. Well, probably you will need this Paleo Freezer Meals: 30 Awesome Recipes That Will Help You Lose Weight, Feel Great, and Your Family Will Love! (Paleo Power Series Book 2).

Jason Urso:

Spent a free time for you to be fun activity to perform! A lot of people spent their free time with their family, or their own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Might be reading a book could be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to try look for book, may be the reserve untitled Paleo Freezer Meals: 30 Awesome Recipes That Will Help You Lose Weight, Feel Great, and Your Family Will Love! (Paleo Power Series Book 2) can be fine book to read. May be it is usually best activity to you.

Susan Granger:

People live in this new moment of lifestyle always attempt to and must have the extra time or they will get wide range of stress from both lifestyle and work. So , when we ask do people have spare time, we will say absolutely of course. People is human not really a huge robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to you of course your answer may unlimited right. Then do you try this one, reading publications. It can be your alternative in spending your spare time, the book you have read is Paleo Freezer Meals: 30 Awesome Recipes That Will Help You Lose Weight, Feel Great, and Your Family Will Love! (Paleo Power Series Book 2).

Santiago Johnson:

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