



Paleo in a Jiffy: Healthy, Delicious and Simple Lunch Recipes

Tammy Lambert

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Save Time and Eat Healthy Breakfast and dinner are now supposedly the only meals that exist for people living a busy lifestyle. Lunch is however, as important a meal as the other two. Reading this paleo recipe cookbook will give you comprehensive knowledge of the nutritional facts you can miss out on when you don't have a healthy lunch. Paleo has been known to aid in weight loss, moderate cholesterol and diabetic levels, and promote energy and well being. Reading this book will give you the expertise to cook fast and easy lunch meals that suit your lifestyle. You don't have to be a chef to cook paleo, as this book can be useful for first time cooking as well. Read this book and you will know these simple benefits of paleo: • Helps in managing a balance between saturated and unsaturated fats, promoting healthy cells. • Increases muscle mass and aids in weight loss. Paleo diet is based on healthy protein intake which increases the metabolic rate. • Improves brain development. Omega 3 fatty acid foods like Salmon and eggs are a part of the paleo diet, which aid in improving vision, heart and brain functions. • Improves digestion and increases energy levels. This is a little insight on some of the many lifelong benefits you can enjoy by switching to a paleo diet. In this book, you will come across some of the most exquisite and healthy cuisines around the world that make up a paleo diet.

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Eunice Randle:

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