



**Paleo for Beginners and Family Food 2 Books  
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to Get Started, Family Food: 130 Delicious Paleo  
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*John Chatham, Pete Evans*

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# **Paleo for Beginners and Family Food 2 Books Bundle Collection (Paleo for Beginners: Essentials to Get Started, Family Food: 130 Delicious Paleo Recipes for Every Day)**

*John Chatham, Pete Evans*

## **Paleo for Beginners and Family Food 2 Books Bundle Collection (Paleo for Beginners: Essentials to Get Started, Family Food: 130 Delicious Paleo Recipes for Every Day) John Chatham, Pete Evans**

Titles In This Set: Paleo for Beginners: Essentials to Get Started Family Food: 130 Delicious Paleo Recipes for Every Day Description :- Paleo for Beginners: Essentials to Get Started The Paleo diet is not just another fad diet; it is the diet humans were designed to eat. Also known as the Primal diet, the Caveman diet, and the Stone Age diet, the Paleo diet focuses on low-carb, high-protein meals, and removes all processed foods. Paleo for Beginners will show you how to adopt a paleo lifestyle in order to feel healthy, lose weight, and increase your energy level. With Paleo for Beginners, start enjoying the best health of your life today--all while losing weight and decreasing your odds of diabetes, hypertension, heart disease, cancer, osteoporosis, and many other modern health maladies. Paleo for Beginners is a comprehensive yet concise guide to embracing the Paleo lifestyle, walking readers through a successful Paleo diet in a straightforward,..... Family Food: 130 Delicious Paleo Recipes for Every Day In Family Food, busy chef and dad Pete Evans has put together his favourite recipes for busy parents and their kids. These meals follow Pete's paleo style of eating - no grains, refined sugar or dairy, and a focus on sustainable meat and seafood, nuts and seeds, and loads of fresh veggies. There are heaps of quick, healthy and satisfying dinner ideas such as Chicken Drumsticks with Rosemary and Lemon, Ginger and Chilli Fish Stir-fry and Easy Pulled Pork Tortillas. And while all of the recipes in Family Food can be enjoyed by young and old, there are also specific chapters on baby and toddler food and also kids' meals, lunchboxes and snacks such as Chicken Pad Thai, Ham and Pineapple Pizza with Pete's special paleo pizza dough and Kale Caesar Salad....

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