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Paleo Soup Recipes (Paperback)

By Laura Sommers

Createspace Independent Publishing Platform, 2017.
Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.50 Paleo Soup Recipes in This Cookbook! The Paleo Diet means that you eat like you did back in the day. Way, way, way back. Like they did in the caveman s day. Paleo is short for Paleolithic. In other words the stone age. To follow the Paleo Diet, you can eat whatever you want in whatever quantities that you want, but you can only eat foods that were available during the caveman days. It is a great way to eat natural foods, detox, lose weight, cut carbs and dairy. But without things like pasta or cheese, certain recipes become a challenge, such as soup. This cookbook contains a bevy of delicious and mouth-watering Paleo friendly soup recipes to help you lose weight and get healthy. Enjoy! Enjoy! Recipes Include: Recipes Include Recipes Include Paleo Chicken Soup Paleo Chicken Tortilla Soup Paleo Turmeric Carrot Soup Paleo Cauliflower Soup Paleo Spicy Curried Sweet Potato Soup Paleo Chorizo Sweet Potato and Kale Stew Paleo Turkey And Vegetable Soup Paleo Chicken Zoodle Pho Paleo Vegetable Minestrone Soup Paleo Green Chile Chicken Soup Paleo Coconut Seafood...



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Reviews

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-- Prof. Edgar Kshlerin

It is easy in study safer to comprehend. It can be writter in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Emmitt Harber