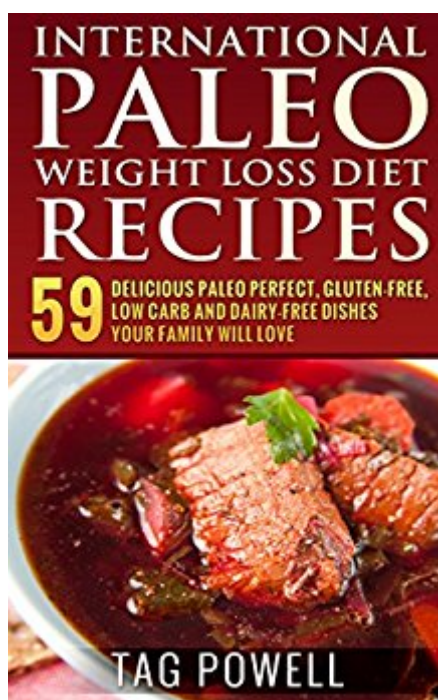


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# International Paleo Weight Loss Diet Recipes: 59 Delicious Paleo Perfect, Gluten-Free, Low Carb, Dairy-Free Recipes For You And Your Friends And Family



## Synopsis

5-Star Best Seller In Category 59 Simple Paleo Gluten-Free Weight Loss Diet Recipes For Friends and Family. These delicious meals will fool the anti-healthy food nuts. Enjoy your meals while creating and maintaining your natural mind and body. No more boring tasteless diet punishments as these are delicious and easy to prepare and a joy to share. A great choice of breakfasts, soups, salads, main course and desserts are all genuine Paleo Perfect. Your family and friends will never get bored They don't have to know it Paleo and Gluten-Free. Whatever don't miss the International Paleo Steak and Mushrooms Recipe one of the many recipes added by Chef Cutting. As a one of the FREE bonuses you will see the video Chef Cutting preparing his exciting International Paleo Steak and Mushrooms dish, you can follow him step-by-step, if you miss something just rewind the video. You will also receive 3 Day Paleo Meal Plans to get you started, we even include the 3 Day Meal Plan Shopping List and the best of all you will receive a one year FREE subscription to the International Paleo Recipes Newsletter. You will receive new Paleo Recipes, Paleo cookbook reviews and an occasional video by Chef Cutting. BTW You can permanently unsubscribe at any time with one click. Read the Verified reviews. The book was purchased by the reviewer. Kim L. - Verified Purchase This book has had a considerable amount more effort put into it than the average paleo recipe book. There is an excellent mix of different types of recipes, for different meals, and drawn from recipes found in many parts of the world. It starts with a good basic 'what is the Paleo diet' explanation, for those who have not experienced it before, and goes on to give some truly innovative and delicious sounding recipes. I fully intend to try them all, and to try converting many of my cupcake recipes to Paleo versions Jim O'Brien Verified Purchase So I was looking for something that would give me guidance on the Paleo diet. Too many confusing articles are out there, but this one gave the topic clarity and guidance. Plus, there is an emphasis on organic food products. That's a plus right there. And these aren't those chi-chi, goofy concoctions that you are used to seeing. The authors here are creative with their choice of recipe items. For example, a Cuban Spinach and Avocado Omelette. Simple ingredients, tons of flavor. My family asks me to prepare those frequently. Maple Glazed Sweet Potato Scones are a perfect change up as a brunch offering. And the Asian Sesame Chicken with the almond butter and ginger is the bomb. You can't go wrong with this recipe book. They've nailed it. Highly recommended. Raymondo - (New Zealand) - Verified Purchase I liked the recipes in this cookbook, they are well presented in logical groups for easy selection and I particularly liked the gluten free aspect. In addition to some great recipes, links to meal plans and other useful information can be accessed from the links within the ebook, a nice inclusion. Eating Paleo and gluten free just makes sense and this book provides the right

recipes. Joyce E. Reid "joyce" (Arizona) - Verified Purchase I am new to Paleo so was fascinated by the use of different products in traditional international recipes that I am familiar with. I was convinced. I had to go out and buy some new ingredients that I had never used before but it was well worth it as I experimented with this new method of eating. My kids loved the Crispy Fish Sticks and knowing they were so much more healthy for them than the store bought ones made me willing to make them more often. Salads are something I usually enjoy for lunch and I was amazed at some of the combinations used in these recipes. But amazement quickly turned to yum-yum-yummy. If you are a Paleo fan or are just new to it, you will find this cookbook a great addition to your ebook recipe book

## **Book Information**

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## **Customer Reviews**

I am new to Paleo so was fascinated by the use of different products in traditional international recipes that I am familiar with. I was convinced. I had to go out and buy some new ingredients that I had never used before but it was well worth it as I experimented with this new method of eating. My kids loved the Crispy Fish Sticks and knowing they were so much more healthy for them than the

store bought ones made me willing to make them more often. Salads are something I usually enjoy for lunch and I was amazed at some of the combinations used in these recipes. But amazement quickly turned to yum-yum-yummy. Kale in the berry salad, brussels sprouts salad, and sweet potatoes -- not your usual lettuce and ranch dressing but, oh, what an enlightening experience. The Chocolate Zucchini muffins reminded me of a chocolate zucchini cake that I make -- excellent! I guess the most amazing was the Paleo version of a Southern Pecan Pie. Being from the south, this is one of my favorite desserts. The addition of dates and maple syrup to this recipe makes it one to be remembered. If you are a Paleo fan or are just new to it, you will find this cookbook a great addition to your ebook recipe book collection.

One of our family businesses was a gym franchise (17 locations) and we've always loved exchanging healthy food ideas with others in the fitness community. For people with healthy lifestyles, the challenge in food recipes are to find the perfect blend of ...is it healthy and nutritional? Is the recipe fast and/or simple? Is it tasty enough that I'm actually "enjoying a flavorful meal" instead of "choking down twigs and berries." This book did a great job of covering all those requirements; Healthy. Simple. Flavorful. The author also included enough varieties in the breakfast, lunch and dinner categories (and desserts too). There is something for everyone's taste. (Top of my "to-try" list are the Morocco Chicken and Mexican Seared Shrimp). The Pot Roast cooking video was a nice addition and the chef was having a good time. Made me want to try to make it myself, even though I'm the simplest of cooks. Want your next paleo-friendly meal simple, healthy & tasty? This book has it covered for you.

So I was looking for something that would give me guidance on the Paleo diet. Too many confusing articles are out there, but this one gave the topic clarity and guidance. Plus, there is an emphasis on organic food products. That's a plus right there. And these aren't those chi-chi, goofy concoctions that you are used to seeing. The authors here are creative with their choice of recipe items. For example, a Cuban Spinach and Avocado Omelette. Simple ingredients, tons of flavor. My family asks me to prepare those frequently. Maple Glazed Sweet Potato Scones are a perfect change up as a brunch offering. And the Asian Sesame Chicken with the almond butter and ginger is the bomb. You can't go wrong with this recipe book. They've nailed it. Highly recommended.

This book has had a considerable amount more effort put into it than the average paleo recipe book. There is an excellent mix of different types of recipes, for different meals, and drawn from recipes

found in many parts of the world. It starts with a good basic 'what is the Paleo diet' explanation, for those who have not experienced it before, and goes on to give some truly innovative and delicious sounding recipes. I fully intend to try them all, and to try converting many of my cupcake recipes to Paleo versions ( see my existing cupcake books here on , and watch out for a Paleo version!)

In our family, we loosely follow the Feingold diet - no artificial colors, flavors or preservatives. We also avoid refined sugar and high fructose corn syrup. We eat pretty well at dinner time, but haven't always done the best when trying to prepare a quick lunch for our 7-year old son. I love this cookbook - it has healthy versions of meals my son loves like chicken nuggets and fish sticks. It also has a great variety of international meals. Our favorites so far are the Mexican Chicken and Avocado burrito and the Asian sesame chicken. Highly recommended!

The author starts off by briefly explaining what Paleo is, but then gets right into the meat (no pun intended) of the matter - the recipes. This Paleo recipe book is much better than others I've seen on Kindle. For one, this cookbook is well formatted. It also has a wide array of recipes from, including snack, breakfast, lunch, dinner, and desert. The prep time and cooking time is given for each recipe, and the directions are layed out in bullet points. There are recipes from all over the world. The Moroccan chicken looks especially good. If your looking for Paleo recipes with an international flare, this book is a must have. I'm glad to recommend it.

Tag has really out done himself with this Paleo recipe book. My mouth is watering as I read through all of the recipes. The first ones on my list are; Chocolatey Coconut Clusters, Tangy Keywest Shrimp, Turkey Veggie Chili and Pumpkin Flan. I could go on and on. Healthy and gluten free recipes are high on my list of must-have recipes for my family. I also really appreciate that Tag includes meal plans and shopping lists. That make my busy life so much easier when I go shopping.

I'm glad I found this book! We are trying to eat healthier as a family, and I like the international flavor of this recipe book. My wife and I have made a couple so far. The fish sticks were good, and did not take long at all! The Chicken nuggets were fun just like the recipe title says. Although I was a bit skeptical of the Apple, it was really good. Going to try a Granny Smith next time! Can't wait for the squash in the garden to be ready so I can do the Herbed Squash Slices!

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