



Paleo Chicken Recipes: 45 Step-By-Step, Easy to Make, Healthy Chicken Recipes: Caveman Diet - Paleo Cookbook (Paperback)

By Chef Paolo Ferrari

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Paleo Chicken Recipes: 45 Step-By-Step, Easy to Make Healthy Chicken Recipes Provides a Simple Path to Losing Weight and Living Well. 45 Paleo Chicken Salads, Soups, Chilis, For-the-Kids, Slow Cooker, and Dinner Recipes Are Here to Make Weight Loss Easier and HealthierWithout Asking You to Starve or Exercise to Exhaustion. The Paleo Diet is no fad diet. Instead, it offers delicious, healthful, and nutritive foods that work with the way your body has evolved over thousands of years to give you what your body NEEDS. When your body gets what it needsthrough each of these 45 recipesit no longer holds onto the extra fats it stores on your thighs, at your middle. It no longer makes you feel depressed or puts you at risk for heart disease or some cancers. With the Paleo Diets Chicken Recipes, You Can Rev Your Metabolism and Fight Back Against Mental Disorders. Have you heard the expression: "let thy food be thy medicine?" Each of these healthful, delicious chicken recipes: from Indian-based to Mexican-based to American-based, are pulsing with nutrition...



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