



# **Paleo Cookbook for Two: Everyday Delicious and Healthy Recipes!**

*Susan Q Gerald*

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## **Paleo Cookbook for Two - Everyday Delicious and Healthy Recipes!**

Stumped about what Paleo meal to cook every day for yourself and your loved one? Fearing that you both might wander away from this healthy diet routine you have started merely because of lack of options? Making a healthy dinner for two everyday can be a difficult task. However you don't have to worry anymore! This book is perfect for you as it provides 50 scrumptious Paleo recipes. A Paleo diet is one of the most effective ways of consuming a healthy diet. The nutritious and refined food in this diet ensures you stay healthy, strong and active. The most significant benefit of this diet is that it helps prevent diseases as it contains all healthy food options. This book contains more than 48 Paleo recipes for two which are easy to make, including:

- a) Recipes for different categories of meals i.e. Breakfast, Main Course, Dessert etc.**
- b) Step by step easy instructions**

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