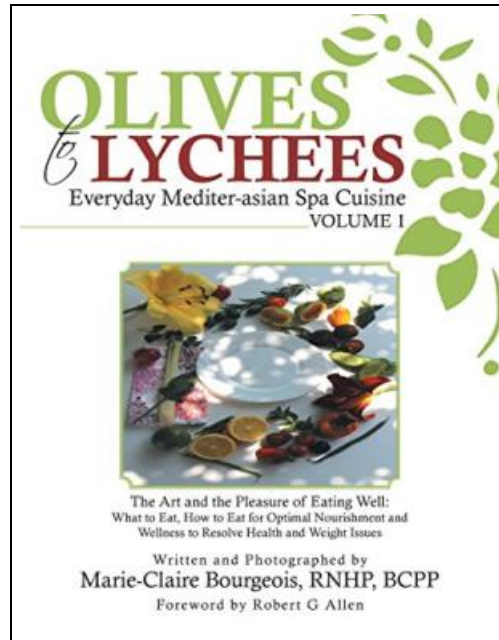


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Balboa Press, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Many people are experiencing weight and health issues that are often caused by the type of food eaten. The healthy gluten-free, dairy-free, and grain-free movement is gaining momentum as many allergy sufferers and individuals experiencing health issues see it as a necessary and desired lifestyle, as well as the most natural and logical answer. This is Volume 1 of the Olives to Lychees Collection, focusing on Paleo-style nourishment for wellness using nature's fresh produce and flavours from the world, as well as quality protein. You will find many clean and healthy gourmet ideas that you, the home cook, can easily prepare into scrumptious and nourishing dishes that will feel like spa meals every day of the week. From Spain, France, Italy, Greece, and Morocco to Thailand, Vietnam, China, Japan, and India, ideas abound for you to prepare deliciously nourishing and satisfying menus for your family and friends, all year long, even though there may not be any food intolerances in your household. Enjoy these simple, health-building spa recipes that are sure to please everyone, from breakfast to dinner.

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