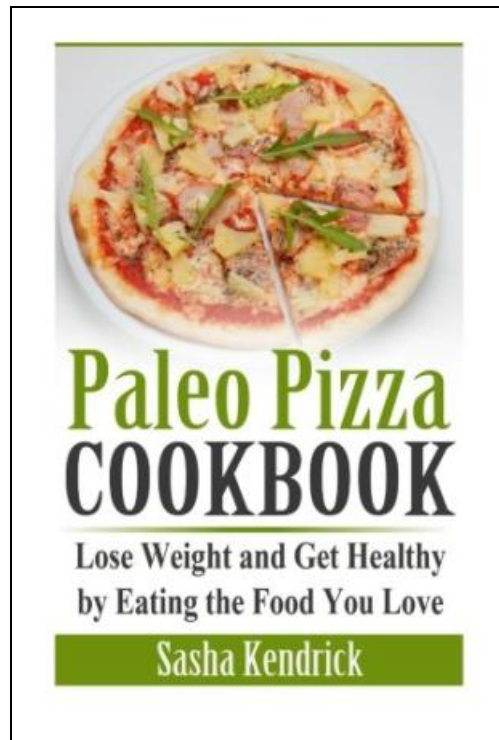


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Filesize: 7.48 MB

Reviews

The publication is easy in read through better to recognize. It usually will not cost too much. You wont feel monotony at whenever you want of the time (that's what catalogs are for concerning when you question me).
(Rebecca Bechtelar)

PALEO PIZZA COOKBOOK: LOSE WEIGHT AND GET HEALTHY BY EATING THE FOOD YOU LOVE



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Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book. Is pizza your favorite food? Is it one of your go-to comfort foods? And are you struggling to give up pizza now that you want to lose weight and get healthy on the Paleo diet? Well, now you don't have to! The Paleo Pizza Cookbook: Lose Weight and Get Healthy by Eating the Food You Love provides pizza lovers with gluten-free and dairy-free, Paleo recipes for weight loss. There are recipes for pizza crusts, pizza sauces, whole pizzas, and pizza-based snacks - so that you can eat the pizza you love guilt-free. For the die-hards, there are even pizza-based desserts! Whether you're a Paleo beginner or a pro, enjoy making Paleo meals in your low carb, Paleo kitchen with delicious pizza recipes such as Rosemary Garlic Pizza Crust, Sweet Sour BBQ Pizza Sauce and a Chocolate Banana Crust with Dark Chocolate Frosting, plus much, much more. Buy this book now and find: Hearty pizza crust recipes Slick pizza sauce recipes Delicious whole pizza recipes Yummy pizza bites recipes Appetizing pizza-based snacks recipes Irresistible dessert recipes Information on the Paleo diet and what it includes Pizza-making tips Free bonus dessert recipes! All the recipes are gluten-free, dairy-free and Paleo-compliant. Each recipe contains: Simple, easy to find ingredients Serving sizes Time involved Equipment needed Clear directions Useful nutritional information Join the many people who are following the Paleo diet and benefit from: Lower cholesterol levels Lower blood pressure Improved neurological health Disease prevention Increased energy Stable blood sugar levels Mental clarity Weight loss without hunger Better digestive health Enhanced athletic performance Those who lived before us seem to have done something right. Many of the diseases and health problems we experience today...



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