



## Paleolithic Cookbook [Second Edition] (Paperback)

By Sandra Wright

WebNetworks Inc, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Bestselling Paleolithic Cookbook [Second Edition] Paleolithic Cookbook: Getting Started in Paleo Nutrition and Paleo on a Budget ----- Now [Second Edition], with the following changes: \* New content: Additional text to introduction - 459 words. \* New content: Multiple recipes - 3785 words. \* Improved formatting and editing ----- Why Paleo? What is the Paleolithic Cookbook? Eat like a caveman, who would want to do that? The Paleo diet is the new buzzword in the diet industry. Everyone seems to be talking about it. Seems like another fad, but is it? Well no, not really. The paleolithic cookbook is based on the foods eaten within the palaeolithic era, while individuals were still thought to be hunter gatherers, always on the move, never really settling, or living in a tribal, domesticated manner.

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