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Best Paleo Desserts: 33 Scrumptious Valentines Day Recipes with Grain Free Baking Healthy Dessert Recipes: + Paleo Is Like You: Paleo Food Poetry for the Primal Paleo Lifestyle (Paleo Poem a Day Book

By Ginger Wood

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Paleo diet is one of the most unquestionably interesting diet concepts that have racked up the points in the last few decades. Everyone from celebrities to the general public are adopting it left, right, and center, as the secret of their healthy glow. Health diets fad diets generally tell you to skimp on desserts, or just altogether forego the bite of a heavenly cream doughnut, but you would be happy to learn that the Paleo diet is one such diet that does not dissuade you from eating those comfort goodies. It in fact, encourages your sweet tooth, but with some adaptive changes that allow for organic, gluten free and grain free ingredients to make up decadent treats that leave your mouth watering for more. There are several reasons you may have decided to go for Paleo as a lifestyle change, but the need for a scrumptious dessert or homebaked good, especially during Holidays like St Valentine s Day is more real than ever because it is the day of love and love should be celebrated on a...



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