



Superfoods: Healthy Dinner Ideas for 2 with Poultry the Proven Tested Foods + Paleo Is Like You: Paleo Food Poetry for the Primal Paleo Lifestyle (Paleo Poem a Day Book in Rhymes Quotes

By Ginger Wood

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a 2 In 1 Box Set Compilation: Book 1: Superfoods: Healthy Dinner Ideas For 2 With Poultry The Proven Tested Foods Book 2: Paleo Is Like You: Paleo Food Poetry For The Primal Paleo Lifestyle Book 1: Are you ready to discover these amazing healthy rare delicacies of cock and hens and learn in a fun and delicious way to eating healthy chicken and cock meat that will boost your vitality and health? This low fat cookbook for two even includes healthy cooking with superfoods type of ingredients and if you love things like simple and healthy cooking and paleo chicken recipes this simple healthy recipes book is for you! These healthy tasty low fat recipes are accompanying you through this Nourishing Journey. The low calorie chicken recipes are all newbie friendly uncomplicated so that even a new cook can get the health benefits out of these cock chicken recipes. These are the type of recipes that you want to have in store for yourself and your family because all these recipes deliver how to prepare...



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