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Best Paleo Diet Recipes On A Budget: Easy Gluten Free Paleo Diet Recipes For Breakfast, Lunch, Dinner, Desserts And Snacks (Paleo Power Diet)

Russell Dawson

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“Best Paleo Diet Recipes On A Budget” is another great book from Russell Dawson that gives not only gives the reader an insight into the nuances of the gluten free Paleolithic diet but also provides some great recipes. As more individuals are trying to find healthier ways to eat, the Paleo diet has become more popular as it is being promoted as one of the better options or those seeking that healthier lifestyle. The author provides the reader with a bit of history on the origins of the Paleo diet before getting into the great gluten free recipe options. The fantastic thing about this diet is that although it does have a few restrictions it is much easier to make the transition to as many of the foods that are allowed are all products that would already be on the shopping list. The right solution is the healthy solution and the gluten free Paleo diet is the right option.

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