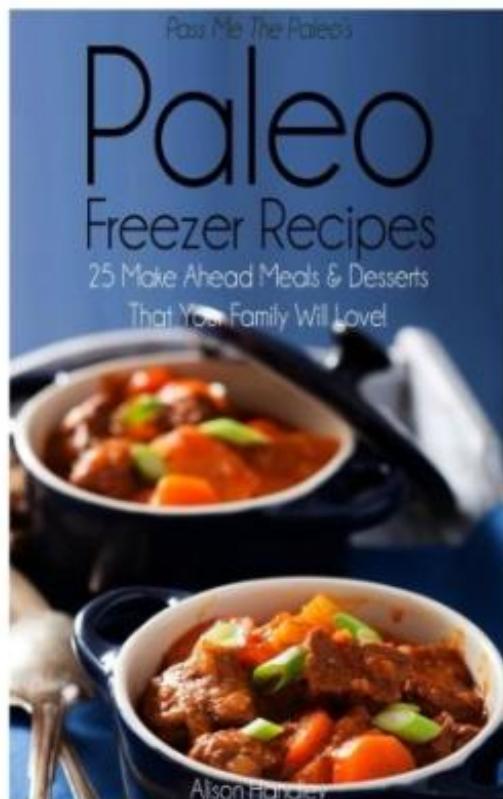


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Paleo Lifestyle is becoming extremely popular but the big knock on it is that its not EASY! In this book you will discover TONS of great make ahead recipes that can be easily frozen to allow you to eat amazingly delicious, HEALTHY food every day of the week!! What more could you ask for as it pertains to the health of you and your family? Here are all the great recipes you will enjoy Chicken and Vegetable Soup Mushrooms, Garlic and Chive Oil Soup Easy Pressure Cooker Beef Stew Pressure Cooker Chicken Soup Beef Spare Rib and Vegetable Soup Paleo Borsht Soup Butternut Squash and Ground Beef Chili Chelo Kebabs Paleo Lamb Meatballs with a Moroccan Twist Slow Cooker Chicken, Vegetables, with Coconut and Ginger Cornish Hen Tagine with Orange Flower Water and Dates Roast Duck Portions with Quince, Honey, Ginger and Cinnamon Iranian Spiced Lamb with Apricots Pineapple, Coconut and Pork Curry Beef Curry with an orange twist Chili Pork and Tomato Curry Aubergine, Courgettes, Sweet Potato Medley Spicy and aromatic mushroom curry Easy Slow Cooker Meatloaf Breakfast Paleo Sausages Black Cherry Coconut and Agar Ice Cream Coconut Sorbet Mango Lime and Coconut Ice Cream Nectarine Kiwi Banana Ice Pops Pineapple Ices.



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