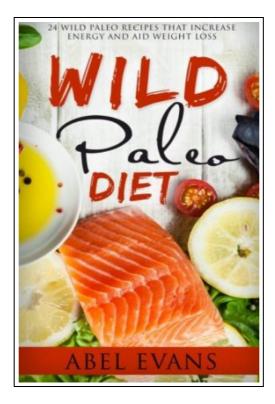
# The Wild Paleo Die: The Top 24 Wild Paleo Recipes to Increase Energy and Aid Weight Loss (Paperback)



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#### Reviews

Basically no phrases to describe. I was able to comprehended everything out of this published e ebook. You can expect to like the way the author compose this ebook.

(Mrs. Novella Will)

## THE WILD PALEO DIE: THE TOP 24 WILD PALEO RECIPES TO INCREASE ENERGY AND AID WEIGHT LOSS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. ???Build A Lean Physique, Lose Weight Aand Increase Energy Levels With These Delicious And Nutritious WILD PALEO RECIPES!??? The Wild Paleo Diet is a simple approach to eating Whole, Unprocessed foods with a focus on high-quality meats and fats as well as nutrient rich vegetables. Why choose WILD Foods? Wild foods are NUTRITIONAL POWERHOUSES! They are so full of vitamins and minerals that they act like medicine in our bodies, preventing and reversing all manner of ills related to deficiencies in our modern diets. Wild foods are NUTRITIONALLY SUPERIOR to our domesticated fruits vegetables. Our standard grocery store produce is generally grown in depleted soils, shipped long distances and kept in long storage, losing nutrients all along the way. Not to mention all the chemicals used to produce it, store it, ripen it, and keep it fresh. Not so with WILD FOODS! The recipes included in this book are naturally Low Carb and Gluten Free! In this book you will learn how to combine nutrient dense WILD FOODS with the Ultimate Paleo Diet! Are you ready to have Unlimited Boundless Energy all day? Here Is A Preview Of The Delicious WILD PALEO recipes in this book: Quick and Easy Breakfast SkilletEggs in Acorn SquashSpicy Salmon BurgersGazpacho with GuacamoleWild Onion Frittata Bison Chili Roasted Lamb with Balsamic Blackberry SauceWild Mushroom and Rabbit StewDandelion FrittersRosemary Fried AlmondsCrispy Lentil Energy BallsWild Mint and Fig SmoothieMint Chocolate PopsiclesChocolate-Peanut Butter CheesecakeCoconut Almond Bars And Much, Much More!Each recipe has a FULL Nutritional Breakdown so you can keep track of your calories. So let s start trimming off that weight and building a lean, sexy, WILD, physique right away! ???Take Action and transform your LIFE!...



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