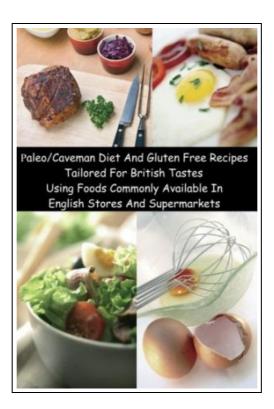
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Filesize: 5 MB

Reviews

Unquestionably, this is the best operate by any author. It is among the most amazing pdf i actually have read. Its been designed in an remarkably basic way which is just right after i finished reading this pdf by which basically altered me, change the way i believe. (Harold Spencer)

PALEOCAVEMAN DIET AND GLUTEN FREE RECIPES TAILORED FOR BRITISH TASTES USING FOODS COMMONLY AVAILABLE IN ENGLISH STORES AND SUPERMARKETS



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 108 pages. Dimensions: 9.1in. x 5.9in. x 0.4in.If you are reading this book because you are interested in following a more natural diet, or because you already know you are gluten or lactose intolerant, then you will find a nice range of recipes on the following pages that will suit your needs. However, if like me you are British, you may have become aware that the majority of recipe books on the market are aimed at a mainly American readership. There is nothing wrong with this of course, but it can often prove difficult or expensive to source some of the ingredients used in these recipes, as they are not commonly found in British shops or supermarkets. Knowing what to substitute for buffalo meat, or that cilantro can be swapped for coriander for example, can also slow you down, as will converting the American cup measurements for UK grammes. I personally have no idea what how to weigh out half a cup of sliced mushrooms do you And what exactly is a stick of butter The overall aim of this book is to give the average British reader a bundle of recipes that use ingredients easily found in shops, supermarkets and farmers markets in the UK and use British measurements. The recipes are based around British staple foods such as beef, chicken, lamb, pork, fish and vegetables, with a few fruit based desserts thrown in for good measure. I also wanted this book to be cost-effective and do-able for people to follow without breaking the bank, so for this reason I have not included any breakfast bars, biscuit replacements, or cake substitutes that use expensive ingredients. Hence my preference for more naturally occurring, and cheaper, fruit based...

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