

The Food Lovers

# Make it Paleo

over 200 grain-free recipes for any occasion



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Make it Paleo: Over 200 Grain Free Recipes For Any Occasion



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Transitioning from conventional foods to a grain-free Paleo way of life can be a challenging proposition to many people. Beyond its wealth of recipes, *Make it Paleo* describes fundamental cooking food techniques, includes strategies for selecting the best elements, and chronicles a number of menus for vacations and special occasions. *Make it Paleo* is usually filled with meals that all lovers of great meals will enjoy, whether they adhere to a grain-free of charge lifestyle or not really. Hayley Mason and Costs Staley, authors of *THE MEALS Lovers Primal Palate*, demonstrate how easy it really is to take any dish and Help to make it Paleo! Hayley and Costs demonstrate how to make cooking food gourmet Paleo foods a carefree affair for everybody, from a kitchen rookie to a seasoned chef. Adapted from Chinese, French, Mexican and classic American foods, the over 200 mouthwatering recipes are each associated with radiant photos and thoughtful notes to ensure you recreate each dish with ease.



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