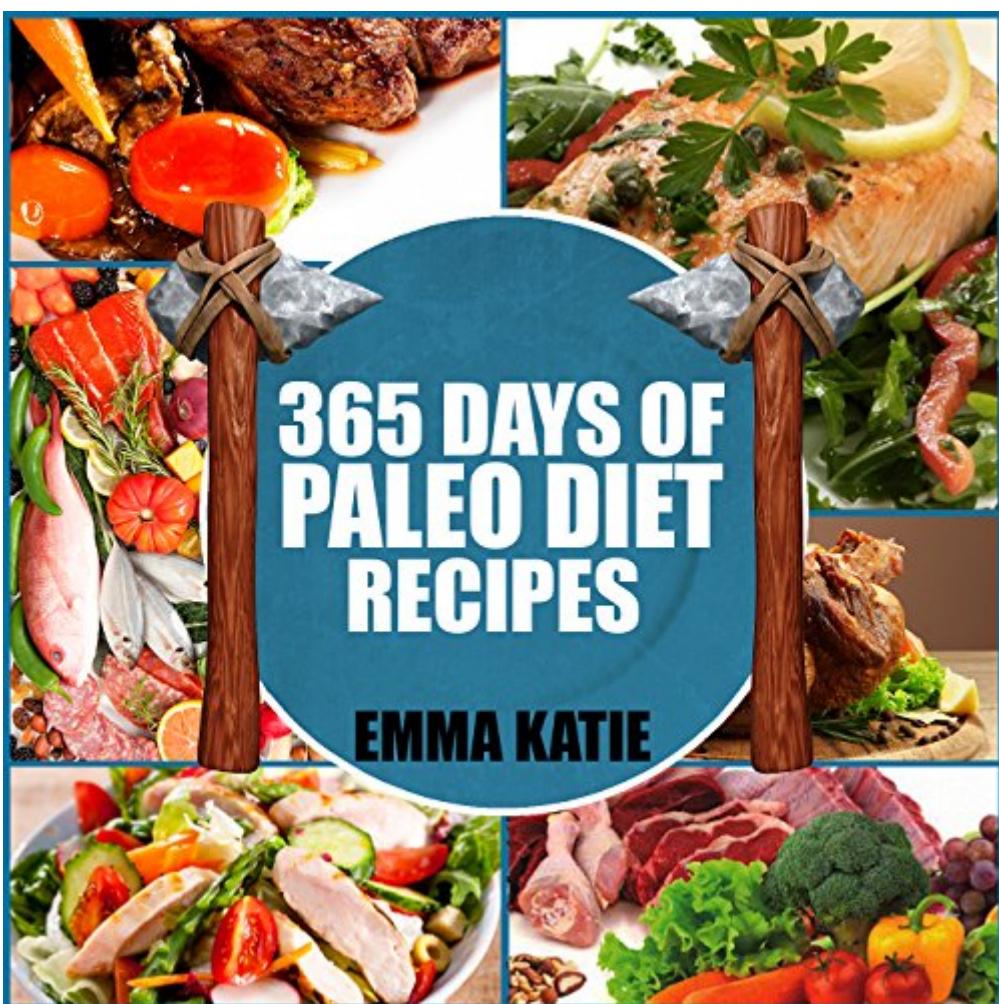


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# Paleo Diet: 365 Days Of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes)





## Synopsis

Paleo Diet365 Paleo Diet Recipes is about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible. These things can be achieved by learning some nutrition basics and using them in a way that works for you. In Paleo Diet 365 Healthy Recipes, the author provides 365 healthy recipes for people who are searching for a healthier life. Previously, people didn't have medicines to survive. They used to use this diet to keep their body healthy. There are many awesome benefits of having a Paleo diet:

- **Healthy cells:** Every cell of our body is made of saturated and unsaturated fats. The Paleo diet provides a balance between these two fats which makes the cells healthy.
- **Improving the brain:** The Paleo diet comes mostly from nature.
- **Fewer Fats in Body:** The Paleo diet is full of protein and it does not allow the fats to settle.
- **Healthier Intestinal Tract:** Using the Paleo diet on a regular basis strengthens your intestines.
- **Vitamins and Minerals:** The Paleo diet is full of vitamins and minerals to rejuvenate you. in the foods you eat.
- **Better Digestion/Absorption:** Food will break down better in your body.
- **Fewer Allergies:** You will have more energy and be able to lose weight. In addition to mouthwatering recipes like: Chocolate Chili Truffles Honeyed almonds and hazelnuts Broccoli Egg Bake Almond Muffins with Almond Flour

The author of this cookbook has done their best to ensure a wide range of Paleo diet recipes with different ingredients to maintain health. Many times, vegetarians fail to enjoy the nutritious and protein-based Paleo foods. Therefore, the author has incorporated dishes and ingredients in varying Paleo recipe diets to consider the likes of vegetarians/vegans. Readers can entertain their guests or enjoy time with friends and family members during the holidays. In order to fulfill the requirements as well as avoid health problems faced by food lovers, this book is an introduction to suitable and tasty Paleo-based breakfast recipes, snacks and other items. Readers will find many recipes simple and easy to prepare by following the guidelines mentioned in the cookbook. So get your copy today and enjoy 365 days of delicious, healthy, and mouth-watering Paleo Diet recipes

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## Book Information

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## Customer Reviews

Almost unusable. There is no index. The table of contents is just a long list of all the recipes. They're not in any particular order in the book. Steps and units of measure are left out of recipes. They refer to paleo mustard in a few recipes but I can't find the recipe for paleo mustard in the book. Looks like the kindle version was translated by someone who doesn't speak English as their primary language. The recipes might be okay but the book is tough to use. Also-bacon? Is that paleo?

No table of contents, no organization, barely any editing. Some of the recipes would have only part of the measurement - like "1/2 almond flour." Half what? Half a cup? Half a tablespoon? Half a teaspoon? Kind of need to know these things. Also spotted another recipe that said "preheat oven to about 400 degrees." ABOUT? If you're going to write a cookbook, write a freaking cookbook. Guesswork is not conducive to cooking. Half the time, the titles of the recipes would be capitalized, and half the time they wouldn't. There's a small section at the end of the book with some of the worst grammar I've ever seen. "Paleo Diet is one of the best diet there is which has a lot of health benefits as well as help you stay slim and trim." Seriously? This is basic grammar. Shoddy and unprofessional. Some of the recipes were okay, so I give it three stars.

There were ingredients that weren't paleo (example, white potatoes) Also, there were discrepancies with ingredients and preparation (example, vanilla extract listed in ingredients and called almond

extract in preparation) Some recipes were doubles. And for some reason I believe some of the titles were wrong. There was a recipe for key lime pie that was clearly not a pie but a smoothie.

I don't think it's very productive to give a book a bad review, especially since it costs so little. That said, I do have some comments about this one. First, the recipes are not indexed, so you will not find breakfasts in one chapter or meat dishes in another. Secondly, there is no indication of the number of servings each recipe is scaled to. Two things that are essential for a great cookbook. I did a sample reading but it ended before I got to the recipe section. All in all, there are some pretty decent recipes in the book, you just have to find them.

The title led me to believe that there would be 365 sets of complimentary recipes for meals throughout the day, there are in fact only 365 individual recipes. There is no organization to the book just a bunch of unrelated recipes haphazardly scattered throughout the pages, and there is not a single photo save for the cover. This is essentially an unorganized compilation of recipes you could find for free on the internet.

This isn't a recipe book as I know them. Yes, you get 365 recipes, and they sounded yummy, however they aren't categorized! They are numbered 1 to 365 and not in an organised fashion. There isn't a Table of Contents. It seems to me this book was done in a hurry, thus the disorganization. I'm sending this book back.

This book has a lot of recipes with little effort on organizing and editing. Most of the recipes can be easily found on the internet. It should have not been published at this stage. It definitely needs a good editor. There are better books out there. Not recommended.

This is OK, I would've liked it better if it had been alphabetized. It has no semblance of order so searching for a particular recipe is really hard. And there are some recipes that have very obscure ingredients so there's no chance of me actually trying it. I needed something to help me use my crockpot but this one tends to be more experimental than anything.

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