

The Everything Paleolithic Diet Book - Jodie Cohen

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Our prehistoric ancestors survived and flourished on high-protein diets filled with fresh meats, fruits, and vegetables. While you no longer have to hunt down a saber-toothed tiger for supper, following the Paleolithic diet can transform your body and help prevent obesity, diabetes, and cancer. You'll learn to prepare 150 nutritious recipes, including: Bacon and Vegetable Omelet; Chicken with Sauteed Tomatoes and Pine Nuts; Thai Coconut Scallops; Roasted Pork Tenderloin; Nutty Chocolate Trail Mix; Mango Creamsicle Sorbet; and more. Featuring extensive meal plans and shopping lists to help transition into the lifestyle, this book helps you lose weight, gain muscle, and achieve peak performance and optimum health. Author: Cohen, Jodie Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Paleolithic Diet Book Pages: 00304 (Encrypted PDF) On Sale: 2011-03-15 SKU-13/ISBN: 9781440512063 Lib Category: Health Lib Category: Nutrition Category: Health & Fitness : General

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