

## The Lazy Paleo Enthusiast's Cookbook

A Collection of Practical Recipes and Advice on How to Eat Healthy, Tasty Food While Spending as Little Time in the Kitchen as Possible



By  
Sean Robertson



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Createspace, United States, 2011. Paperback. Book Condition: New. 203 x 124 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The paleo lifestyle has exploded in recent years, as more and more people discover that they can feel awesome, lose weight, and even alleviate chronic health conditions, all while trading in their tofu and rice cakes for a healthy serving of bacon. However, once people discover how amazing the paleo lifestyle is, they often encounter a problem that prevents them from fully enjoying their new way of eating. The problem isn't that the food doesn't taste amazing, or make them feel great (it does) - the problem is that they have to spend so much time making it. Which is where The Lazy Paleo Enthusiast's Cookbook book comes in. The Lazy Paleo Enthusiast's Cookbook is a practical guidebook for maximizing the effort-to-reward ratio of your food - of making your food as healthy and delicious as possible, with as little time and effort as possible. It's a collection of tips, tricks, recipes, and advice designed to help you make delicious, healthy, time-efficient, and low-hassle paleo food, so that you can spend less time...



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