



Paleo For Vegetarians: Quickstart Guide and 30-Recipe Cookbook (Paleolithic, Grain Free, Caveman Diet, Weight Loss) (Clean Eating)

Katherine Barrington, Grace Goldenbloom

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Are you a savvy vegetarian who's ditched the grain as well as the gristle? How about a Paleo pundit who's decided to take her health, well-being and waistline to the next level? Or, perhaps you're an average Jane, looking to lose weight, increase energy levels and look and feel your absolute best.

Thousands of vegetarian cookbooks exist, but if you're also grain free, finding recipes that don't include bread, beans or other grains and legumes can be a frustrating endeavor. And although you've most likely heard all about Paleo, if you're a certified veg, you've probably let its meat-heavy hype pass you by. But is there a way to experience the health benefits of Paleo, without the meat?

In *Paleo For Vegetarians: Quickstart Guide and 30-Recipe Cookbook*, health and fitness writer Katherine Barrington gives you the low-down on how our Paleolithic ancestors ate, how vegetarians can incorporate caveman principles into their diets for even greater health and well-being, plus 30 simple and delicious vegetarian-friendly Paleo recipes for breakfast, lunch, dinner, dessert and snacks.

By getting back to nature, to a time before processed foods, agriculture or even fire, you can experience benefits such as:

- Increased energy levels
- Improved sleep patterns
- Stable blood-sugar
- Sustained weight-loss
- Clearer skin and healthier looking hair
- Improved mental clarity
- Improved mood
- Reduction or elimination of gas and bloating
- Lowered risk of heart disease, diabetes and cancer
- Higher immune function
- Healthier gut flora
- Reduced allergies
- Reduced inflammation
- Lower cholesterol levels
- Reduced environmental impact
- Increased animal welfare

And of course, you'll be achieving these benefits all while enjoying delicious veggie Paleo recipes, such as:

- Pumpkin Coconut Flour Pancakes
- Curried Carrot Soup
- Fried Zucchini Fritters

- Paleo Veggie Pizza
- Paleo Sandwich Bread
- Energy Balls
- Chocolate Almond Butter Brownies

...and more!

If you're a grain-free vegetarian, someone who's currently eating Paleo but wants to reduce or eliminate meat from your diet for further health benefits, or someone who wants to lose weight, energize and eat awesome, delicious food, then Paleo For Vegetarians is just for you!

Bon Appétit!

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Alfred Stevens:

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Patrick Leon:

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although doesn't forget the main level, giving the reader the hottest in addition to based confirm resource data that maybe you can be among it. This great information can easily drawn you into brand new stage of crucial pondering.

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