



Frugal Paleo: 101 Easy and Delicious Gluten-Free Recipes Right on Your Budget

By J J Lewis

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.101 Easy and Delicious Gluten-Free Recipes Right on your Budget This Frugal Paleo book will get all the essential information that you need to plan and prepare Paleo dishes using cheap yet healthy and widely available ingredients. Learn how to prepare all of these easy and cheap 101 Paleo dishes, which consist of breakfast dishes, soups and stews, meat, poultry dishes, seafood, vegetables, desserts, as well as secret bonus recipes! All Paleo Recipes Recipes are accompanied by Captivating Photos! If you don't have Kindle you can still Read this Book on your Web Browser using Amazon Free Cloud Reader. Gluten is a protein that can be found on grain and wheat. It has been currently recognized to have ill effects on the human body. Studies have found that it can have a negative effect to a number of places in our bodies. It can cause degeneration of the intestinal wall, which leads to nutrient deficiencies, various digestive issues, anemia, fatigue, failure to thrive as well as an increased risk of many serious diseases. Many...



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