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Grain Free Recipes: Cooking the Paleo Way to Lose Weight and Live Healthy : Fast and Easy Grain Free and Gluten Free Cookbook for Your Kitchen

By Yvette Green

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. large type edition. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you planning to go on a grain free diet, however, not really sure if it is ideal for you? When planning a diet, you have to set your goals first in order to know the ideal diet to follow. Nevertheless, all diets follow one common goal and that is to pursue a healthy body and mind. A good diet plan to start with is the elimination of all grains in your diet. This is what we call the Grain Free Diet, or removing grains in your diet such as wheat, corn, rice, oats, barley, and millet. This diet has been proven and applied by a lot of people, and they have experienced a significant change and relief from many digestive issues. What more can this book offer? o The benefits of grain free diet o How to set up and manage a grain free pantry o Grain free recipes for breakfast, lunch, and dinner Plus many more. Get your copy now, and start your family on a healthy grain free lifestyle.



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