



Palent Paleo Asian Style Recipes Planet Paleo

By Jenna Mars

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 76 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Do you love Asian food, but haven't indulged since you started your Paleo diet? This cookbook is a thoroughly fun and innovative twist on popular recipes from all over Asia that are updated to meet the Paleo diet guidelines. There are even smoothies included! Most of the recipes are just perfect for a busy lifestyle as they can be prepared very quickly even on a busy weeknight. This book provides a thorough and complete set of recipes from meals to desserts to drinks! This book is the ultimate one-stop shop for Asian style Paleo recipes. In the book you'll find: Paleo recipes from different Asian cuisines: Chinese, Indian, Japanese, and more! Paleo versions of popular Asian appetizers like pot stickers and bok choy! Delicious soups and salads for lighter choices. Flavorful entrees for Dinner. Creative desserts to satisfy your sweet cravings. Refreshing Asian-inspired fruit smoothies! Enjoy all this and more, while giving your body a nutritious boost with Paleo ingredients with an Asian culinary touch. Get ready to enjoy Asian food again, this time without the bloating and...



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