

Are you on Paleo diet and too lazy to cook? This recipes book contains surprisingly simple Paleo recipes you can prepare and cook on the same afternoon. In other words, it is so simple, even your lazy ass can cook! The recipes follow Paleo or caveman traditions. They do not contain dairies, grains, legumes, fatty meats or salty foods. Do not think that you have sacrificed your enjoyment of food by giving up these meals. You can substitute them with a variety of dishes ranging from pork chops, grilled chicken, shrimp to mussels and minced beef. There are ample choices for those who want to stick strictly to Paleo diet. This way, you will never get bored of eating the same meal over and over again. This reinforces your habit of sticking to Paleo diet to a healthier you. Included in the last chapter is the list of ingredients with pictures so that you will not get the wrong ones. Give this book a try. Paleo cooking can be painless, even for your lazy ass!

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