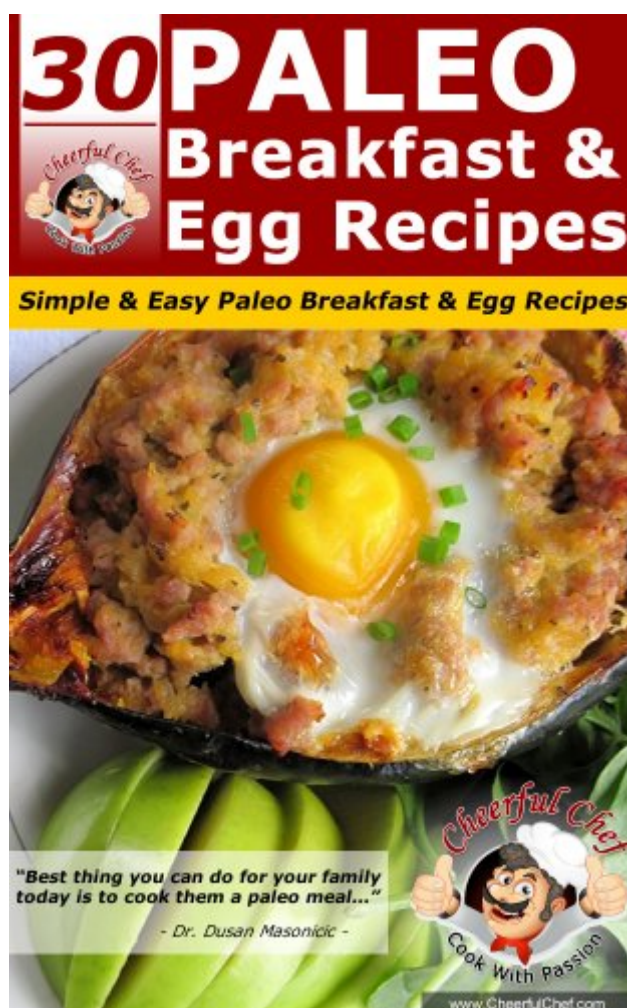


The book was found

30 Paleo Breakfast And Egg Recipes - Simple & Easy Paleo Breakfast And Egg Recipes (Paleo Recipes Book 8)



Synopsis

30 PALEO BREAKFAST AND EGG RECIPES + Surprise Bonus Inside Become famous for your Delicious and Healthy Sweet Potato Waffles, Spicy Sausage Patties, Egg Ham Cups, Gyeranjjim • Steamed Korean Eggs • and much more... Prepare Delicious and Healthy Coconut Banana Pancakes Your Family and Friends Will Love and ask for more. You Will Become Famous For the Best: Squash Blossom Frittata Apple Cider Donuts Egg Muffins Espresso Rubbed Breakfast Steak Eggs Havana Style.....and 25 more! Paleo Diet Benefits The paleo diet is the diet the human body is supposed to follow, and as such, all the positive results gained from following the paleo foundations seamlessly fall into place: Increased Energy Clearer, Smoother Skin Weight Loss Results Better Performance and Recovery Stronger Immune System Pick up your copy today and impress your friends and family with a healthy and delicious breakfast.

Book Information

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Customer Reviews

Bacon, ham, pancetta, sausage, dairy -- there are many authorities who would consider these to be non-Paleo. I doubt that our Paleo ancestors used a mini-donut maker, or food processor, stand

mixer, or waffle iron, none of which I own. My interpretation of Paleo includes lots of veggies, especially raw, organic and leafy ones. This book is not big on these. However the title does say "egg recipes" and that is what you get, several good egg recipes.

A good selection of breakfast recipes, but some of the instructions were a little vague, especially for the inexperienced cook. A nice variety though and it is always good to see a photo of the finished product.

pretty much common sense cooking - not much that you really need a recipe for unless you are a non cook

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