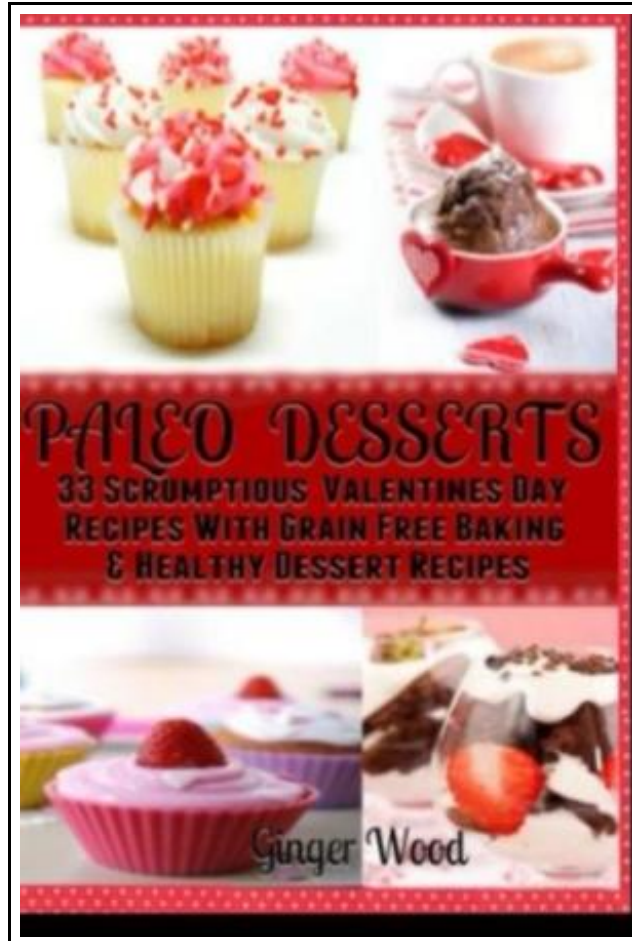


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 140 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. The Paleo diet is one of the most unquestionably interesting diet concepts that have racked up the points in the last few decades. Everyone from celebrities to the general public are adopting it left, right, and center, as the secret of their healthy glow. Health diets and fad diets generally tell you to skimp on desserts, or just altogether forego the bite of a heavenly cream doughnut, but you would be happy to learn that the Paleo diet is one such diet that does not dissuade you from eating those comfort goodies. It in fact, encourages your sweet tooth, but with some adaptive changes that allow for organic ingredients to make up decadent treats that leave your mouth watering for more. There are several reasons you may have decided to go for Paleo as a lifestyle change, but the need for a dessert treat every now and then remains constant. So, what is this Paleo desserts recipe book about and how does it help you 1. This Paleo book will tell you why Paleo is the craze now 2. This book will tell you ways in which the Paleo diet will change your lifestyle for the better and turn guilt into guilt free pleasures 3. This book will tell you what ingredients to have in your kitchen as a staple for paleo dessert pleasures 4. This book will give you 12 scrumptious paleo desserts (paleo muffins, paleo cupcakes, paleo smoothies and pudding paleo dessert recipes) that you probably desire right now and inside you will learn how to make these guilt free paleo easy desserts in a quick, easy, and no fail fashion 5. Based on the knowledge...

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