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Primal Cravings: Your Favorite Foods Made Paleo

By Brandon and Megan Keatley

Primal Nutrition. Hardcover. Book Condition: New. Hardcover. 280 pages. Thin mint cookies, strawberry shortcake waffles, carrot cake cream pie, pumpkin chili, ten different bacon preparations. With Primal Cravings, you can enjoy all this and much more, and still stay aligned with the Primalpaleo eating strategy! Inside youll find assorted breakfasts, meat and main dishes, sides and salads, snacks, sweets and basics like bread, sauces, and dressings that are low-sugar, grain-free, gluten-free, and industrial oil-free all accompanied by full color photos. Even when weight loss and health benefits abound, it can be a challenge for Primalpaleo eaters to avoid comfort foods that have been part of a daily routine for decades. Humans crave delicious food, and even the most disciplined and willful among us can become bored and wayward eating bland, repetitive meals. If youve been missing or looking for healthy, innovative ways to make All-American fare like breakfast egg dishes, waffles and pancakes, muffins, burgers, chili, pizza, chips, baked goods (cakes, pies, cookies, crackers, brownies) and frozen desserts; or global cuisine like gyros, spanakopita, moo shu, barbacoa, tacos, tikka masala and other favorites, Primal Cravings will open up a whole new world of pleasurable, Primal-approved possibilities. Based in South Carolina,...



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