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Paleo for Vegetarians: 28-Day Meal Plan for Weight Loss and Radiant Health (Paperback)

By Grace Goldenbloom

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Paleo For Vegetarians is back, this time with: -40 NEW mouth-watering recipes -A 28-day meal plan to help you LOSE WEIGHT -4 weeks of GROCERY LISTS -A free bonus recipe book including 10 HEAVENLY PALEO SMOOTHIES! Following the success of the best-selling Paleo For Vegetarians: Quickstart Guide and 30-Recipe Cookbook, we wanted to provide some more treats to our savvy vegetarians who have ditched the grain as well as the gristle. We now present to you Paleo Diet For Vegetarians: 28-Day Meal Plan For Weight Loss and Radiant Health. Thousands of vegetarian cookbooks exist, but if you re also grain free, finding recipes that don t include bread, beans or other grains and legumes can be a frustrating endeavor. And although you ve most likely heard all about Paleo, if you re a certified veg, you ve probably let its meat-heavy hype pass you by. But is there a way to experience the health benefits of Paleo, without the meat? In Paleo For Vegetarians: 28-Day Meal Plan For Weight Loss and Radiant Health, health and fitness writer Katherine Barrington once...



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