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Well Fed 2: More Paleo Recipes for People Who Love to Eat

By Melissa Joulwan

Paperback. Condition: New. 480 pages. Well Fed 2: More Paleo Recipes For People Who Love To Eat is the follow-up to the deliciously popular Well Fed -- by The Clothes Make The Girl blogger Melissa Joulwan -- and its packed with even more internationally-inspired recipes, mouth-watering photos, and easy meal ideas. All 200 recipes and Quick Meal ideas in Well Fed 2 are made with zero grains, legumes, soy, sugar, dairy, and alcohol -- without sacrificing fun and flavor. The recipes are easy to prepare and were tested extensively so they work every time -- and so you dont have to spend all your free time in the kitchen. Includes 200 recipes, variations, and Quick Meal ideasWell Fed 2 includes 110 original recipes, plus 45 of Melissas popular You Know How You Could Do That variations. Youll also find 44 Quick Meal ideas (no recipe required!) and tips for turning individual dishes into multi-course meals. More than recipesThe book opens with information to help readers manage their relationship with food, including ways to identify emotional appetite versus true hunger, 30 reasons to do a Whole30, tips for socializing while keeping good habits, and a call to action to develop the...



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