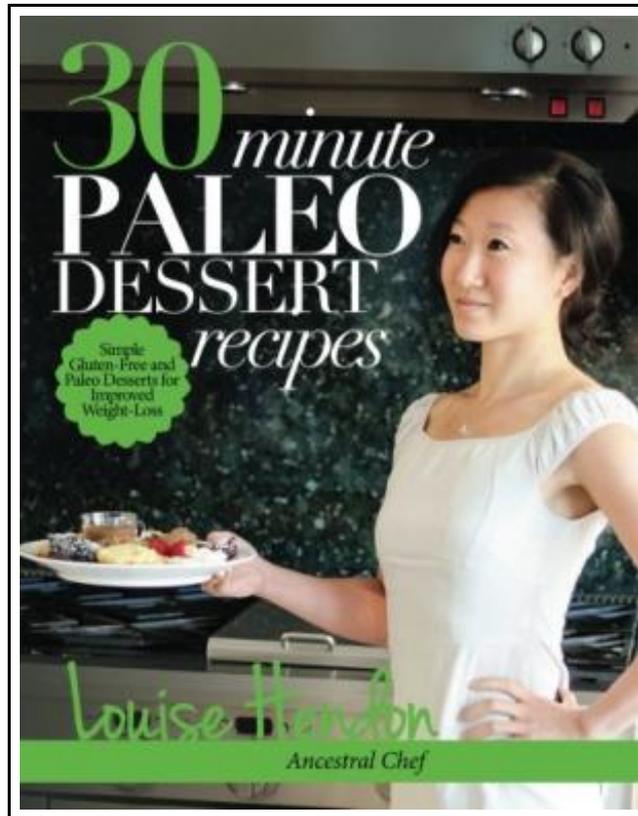


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(Dr. Isabell Wiza DDS)

30-MINUTE PALEO DESSERT RECIPES: SIMPLE GLUTEN-FREE AND PALEO DESSERTS FOR IMPROVED WEIGHT-LOSS (PAPERBACK)



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Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Delicious Paleo Desserts. Unlike Any Other Paleo Cookbook! In less than 10 minutes after opening this Paleo cookbook, you could be eating the best Paleo banana bread ever! More importantly, though, you can nourish your body and feel good about eating these Paleo desserts. Sticking to a Paleo diet and giving up foods that you've eaten all your life is not easy. You can no longer just walk into a bakery or grocery store and buy desserts or cookies or pastries. There are no pre-packaged Paleo cake mixes. You want to stay Paleo and you want to get healthier, but you shouldn't have to be in the kitchen for hours or else deprive yourself completely. Don't Cheat! These Paleo Recipes are Twice as Yummy. Grocery stores and food companies aren't looking out for you. They want to sell you the cheapest junk food that will taste good but make you feel terrible. I know. I've been there. When I first went Paleo, I'd give in to temptation all the time. Every afternoon, I'd walk through Walgreens blindly hoping to find gluten-free and Paleo desserts to eat. After 20 minutes of useless searching, I'd usually end up buying some random treat that was completely non-Paleo! I would tell myself that I would only eat one cookie, but while sitting in my office for the next couple hours, I wouldn't stop until the entire packet was gone. It's hardly surprising that I felt tired, grumpy, and bloated for days afterward. Giving in to temptation certainly didn't help me lose weight, either. And worst of all, I'd end up...

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