



31 More Paleo Brown Bag Lunches to Go: Easy Recipes for Working People (31 Days of Paleo) (Volume 7)

Mary Roddy Scott

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Having the ability to make healthy decisions in regards to what you eat is a valuable asset in today's fast paced and highly processed food world. Those who follow a Paleo-style diet are often fraught with the pains of inconvenience because, although a Paleo diet extends from the roots of our eating past, this healthy eating plan is a relatively new trend to most people. While some folks opt for unhealthy options to get them by during the day, you have decided to take matters into your own hands by packing a delicious brown bag Paleo lunch for yourself and your loved ones. Being able to stick to a Paleo diet even when life becomes busy and hectic is easier than you think now that you have picked up this book. With just a little planning you should be able to create a healthier eating plan in your life, despite the fact that you might have complicated and demanding work, family, or social obligations. Now that you have dozens of quick and easy Paleo recipes at your disposal you will no longer have to worry about ruining your hard work because of a one day slip. This book offers you the benefit of 31 tasty and simple Paleo lunchtime recipes that can be easily prepared and even more easily enjoyed by anyone in your home. With step-by-step instructions and a clear yet concise list of ingredients and supplies needed, these pages will give you something new to chow down on every day for a whole month. When you reach the end of the list you can then return to the beginning and start all over; believe me, you will want to. Each page is accompanied by a serving size measurement too, making it easy for you to prepare something perfectly proportioned for the whole family in a matter of minutes.

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