



# **The Paleo Journey: Recipes for Weight Loss, Allergies, and Superior Health—the Natural Way**

*Simone McGrath*

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Enthusiasm in “going paleo” continues to grow as more people embrace the diet our ancestors thrived on. However, choosing paleo is more than just a diet—it’s a lifestyle. And this is more than just a cookbook. In *The Paleo Journey*, Simone McGrath will teach you about various lifestyle components, such as the hard facts about the diet, what’s taboo, and what’s up for debate. It highlights the many benefits of the paleo lifestyle and addresses exercise, dining out, and stress factors, to name a few. There are more than eighty original recipes, including:

- Spinach and ’shroom soufflé
- Coconut crab cakes
- Pistachio pork
- Spicy roasted veggie chips
- Caramel crunch bites
- And so many more!

Also contained in this book is a fourteen-day eating plan as well as many tasty and nutritious sections on breakfast, lunch, dinner, salads, sides, desserts as well as snacks and smoothies. It’s a complete go-to guide for anyone interested in the paleo lifestyle.

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We’ve been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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The reason why? Because this The Paleo Journey: Recipes for Weight Loss, Allergies, and Superior Health—the Natural Way is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will distress you with the secret the idea inside. Reading this book beside it was fantastic author who have write the book in such incredible way makes the content interior easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have such as help improving your talent and your critical thinking method. So , still want to delay having that book? If I have been you I will go to the book store hurriedly.

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What is your hobby? Have you heard in which question when you got learners? We believe that that question was given by teacher to their students. Many kinds of hobby, Every individual has different hobby. And also you know that little person similar to reading or as reading become their hobby. You have to know that reading is very important along with book as to be the thing. Book is important thing to include you knowledge, except your personal teacher or lecturer. You see good news or update concerning something by book. Amount types of books that can you go onto be your object. One of them is actually The Paleo Journey: Recipes for Weight Loss, Allergies, and Superior Health—the Natural Way.

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