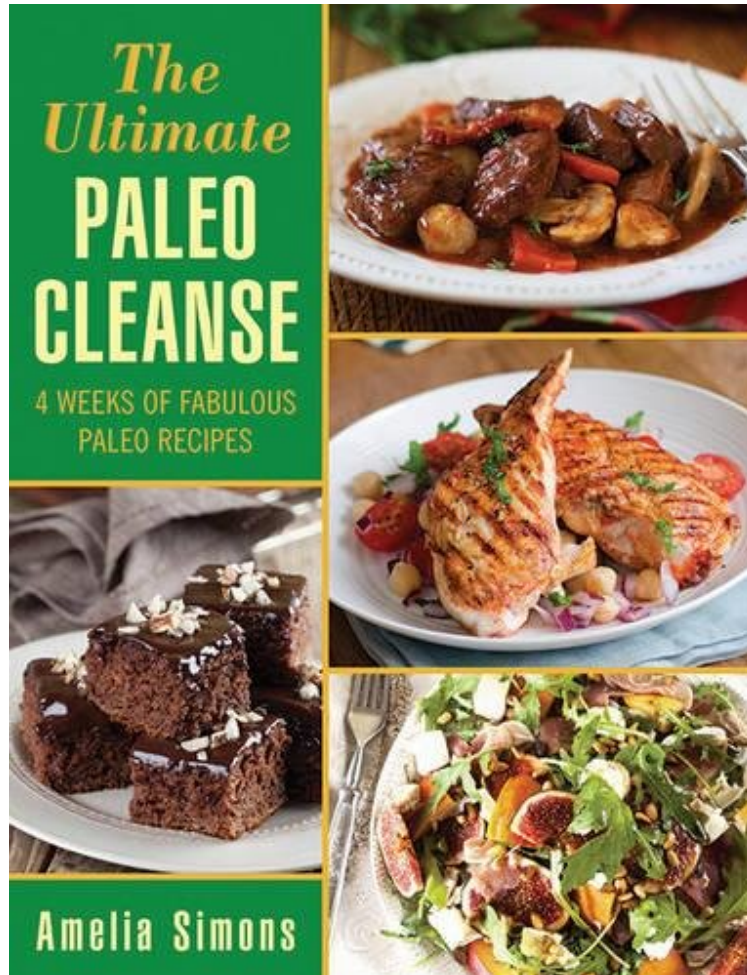


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# The Ultimate Paleo Cleanse: 4 Weeks of Fabulous Paleo Recipes

Amelia Simons

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#2152355 in Books 2014-10-07Original language:EnglishPDF # 1 8.75 x 1.00 x 7.00l, .0 #File Name: 1629145521224 pages | File size: 40.Mb

**Amelia Simons : The Ultimate Paleo Cleanse: 4 Weeks of Fabulous Paleo Recipes** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Ultimate Paleo Cleanse: 4 Weeks of Fabulous Paleo Recipes:

0 of 0 people found the following review helpful. Poor PaleoBy Sheila A. BishopI found this book in the discounted section of Barnes and Nobles and was excited by its Title, glossy photos and simple recipes. Upon further inspection, I realized first, that there are no instructions for an actual cleanse; but there is a short summary of the Paleo diet. Secondly, note that many of the photos are not pictures of the finished recipe, but of an ingredient in the recipe. I know what chocolate looks like. To top it off her photo of chocolate for the recipe of "Chocolate Coconut Pudding " doesn't even look like dark chocolate which is allowed, but of milk chocolate. (Pg 183) It was confusing to see a recipe for "Deli Roll ups" with a picture of cranberries (pg145) instead of what I would expect to see as a finished product. Thirdly, there are lots of bread and dessert recipes which are always enticing and they are definitely healthier than the

sugar laden recipes we normally see, but the Paleo Diet, especially on a cleanse would mean that you eat none of those recipes initially and more of the healthy meat and vegetables combinations we would expect when transitioning to a low carb way of eating. Overall, I was attracted by the glossy look of the cookbook and the photos, but in my opinion it doesn't meet any criteria to truly qualify as a "cleansing " diet cookbook. 2 of 2 people found the following review helpful. Great recipes By Reflective Reviewer Great recipes and weight loss help. Try a sample recipe for a no-bake apple crisp here: <http://www.blogher.com/paleo-cleansing-weight-loss-diet-includes-no-bake-apple-crisp> 1 of 3 people found the following review helpful. This book is mediocre at best. There are no pictures of the finished dishes By Educated Reviewer This book is mediocre at best. There are no pictures of the finished dishes, only random photos of a single ingredient. For instance, you will have the recipe on one page, and a picture of lettuce on the next page. I suppose this is a good book for beginners that don't care about presentation.

The first step to becoming healthier can often be the hardest to take. The Ultimate Paleo Collection helps ease this transition by providing a fantastic starting point with a detailed menu covering breakfast, lunch, and dinner ideas over a four-week period. There's no better way to begin your road to success than with these simple, flavorful meals. Within The Ultimate Paleo Collection, readers will find a wide range of recipes covering every meal from breakfast to lunch and dinner, including scrumptious grain-free, gluten-free appetizers and desserts. Some of the delicious choices you'll find in this collection are: Delicious quiche cups Hearty sauted peach salad Grilled chicken breasts with garlic Garlic hummus Chocolate coconut pudding And many different muffin, bread, and pancake recipes! Also included in this cookbook is an overview of the paleo lifestyle that will give you a quick, easy-to-follow guide of the recommended foods and the ones to avoid. Learn how to transform some of your favorite traditional dishes like waffles and muffins into paleo-friendly ones. Improving your health has never been easier! 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.

About the Author Amelia Simons is a food enthusiast, wife, and mother of five. Frustrated with traditional dieting advice, she stumbled upon the Paleo lifestyle of eating and has never looked back. Without bothering to count calories or stress about endless hours of exercise, eating the Paleo way has enabled Amelia and her husband to effortlessly drop pounds and lower their cholesterol. Amelia now enjoys sharing the paleo philosophy with friends and readers, and finding new ways to turn favorite recipes into healthy alternatives.