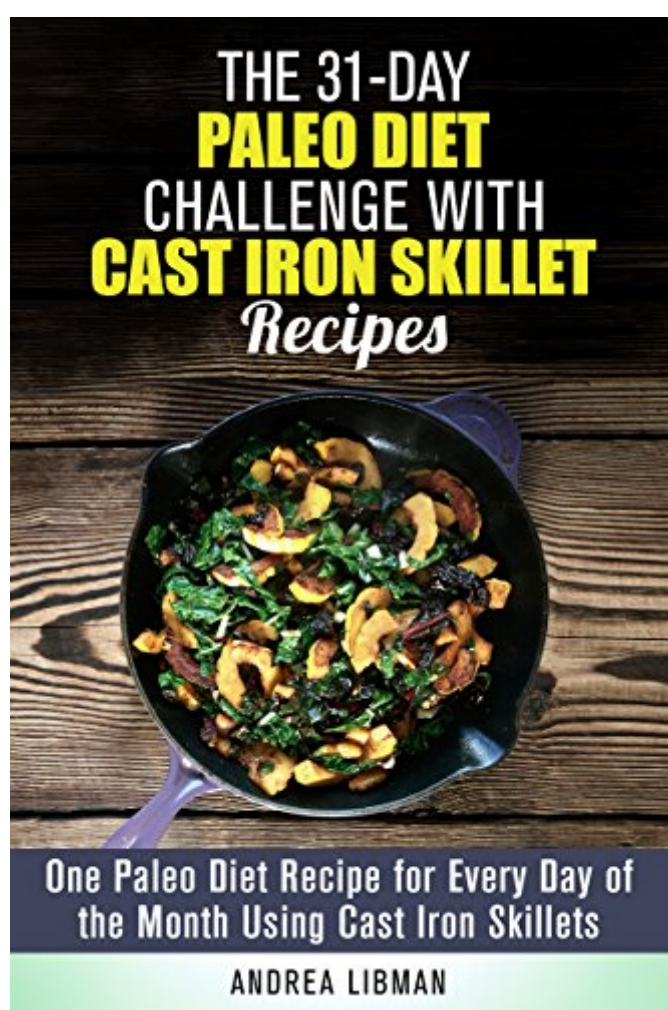


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# The 31-Day Paleo Diet Challenge With Cast Iron Skillet Recipes: One Paleo Diet Recipe For Every Day Of The Month Using Cast Iron Skillets (Weight Loss & Diet Plans)



## Synopsis

Are you ready for the challenge? This book contains more than 31 recipes that you can choose from; each recipe is paleo diet friendly and is best cooked with an iron cast skillet. If you have always wanted to try the paleo diet then what better way to start by test running the diet with one paleo recipe a day! Paleo diet is one of the most popular and practiced diets today. It may be the diet used by our cavemen ancestors thousands of years ago but it is gaining recognition today because of the benefits for our health and well-being. It can lower the risk for various diseases and increase the resistance of your immune system. By using protein rich, natural ingredients and paleo-friendly alternatives, you can have a diet that has all the advantages of diets today without the many drawbacks. It can reduce fat while creating building mass. It is healthy without sacrificing flavors. Ingredients are available in your average grocery and supermarket. This book contains a wide range of recipes for beef, chicken, fish, seafood even breakfasts, snacks and desserts. Aside from that, it will provide you with other food options that are still paleo friendly. Useful tips on taking care of your skillet are also included in the last section. Whether you are a beginner or already a paleo diet aficionado, this book will provide you with old recipes our Paleolithic ancestors once ate but with a twist that will satisfy your modern palates. Begin your Paleo Diet adventure! Start your day right with your first paleo home cooked iron cast skillet recipe!

## Book Information

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## Customer Reviews

The book has 30 odd Paleo diet recipes which are best cooked with cast iron skillets or pans. Paleo diet is becoming quite popular these days due to the immense health benefits that have been linked to it by the health and nutrition experts. I came across a few articles that highlighted the health friendliness of paleo diet. So I decided to try it for a few months and when searching for some good Paleo diet recipes I came across this book. The best part is that you do not have to sacrifice too much on taste and can still reap the benefits of a diet. The book also highlights the specific benefits of cooking in cast iron pans or skillets. A Good book with some great recipes !

Paleo is my diet of choice, and when I see a new Paleo book I always take a good look to see how it could help me to improve and enrich my Paleo experience. This book offers a unique outlook, first it basically provides recipes for entire month, a great thing because eating the same recipes every other day gets boring fast and can force you to stop practicing this or any other diet regime, second it challenges you as well as encourages you to try Paleo diet for 31 days and see for yourself if it was worth it or not.

This is a great book. Lots of yummy simple recipes that aren't hard to make. There aren't tons of ingredients or spices you have to buy and just use once. I like the tip on using an iron skillet. The only thing I would have liked is if there were pictures of the recipes in the book. When I saw the front cover I thought there would be pictures. Other than that I'm glad I bought the book, it will give me good ideas for a healthier diet in 2015!

This is a great book about the paleo diet, and recipes one can use on a skillet. As someone who needs help with creative and tasty cooking methods, specific to this diet, I found this book extremely helpful and constructive. It was well written and articulate, and easy to understand. Overall I would highly recommend Andrea Libman's book to anyone interested in this losing weight and getting fit via the Paleo diet! Five stars!!

I have been looking for recipes that is capable of improving building mass by reducing the fat. I found paleo diet promising without compromising in flavor and the ingredients aren't fancy. These

delicious recipes were simple and easy to prepare. I am glad that there are so many recipes to work with.

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Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Paleo Diet: Top Delicious Paleo Diet Recipes to Lose Weight, Boost Energy, Live Healthy, and Satisfy Your Hunger! (Beginners Cookbook Includes a 31 Day Paleo Diet Challenge - Best for Weight Loss)

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