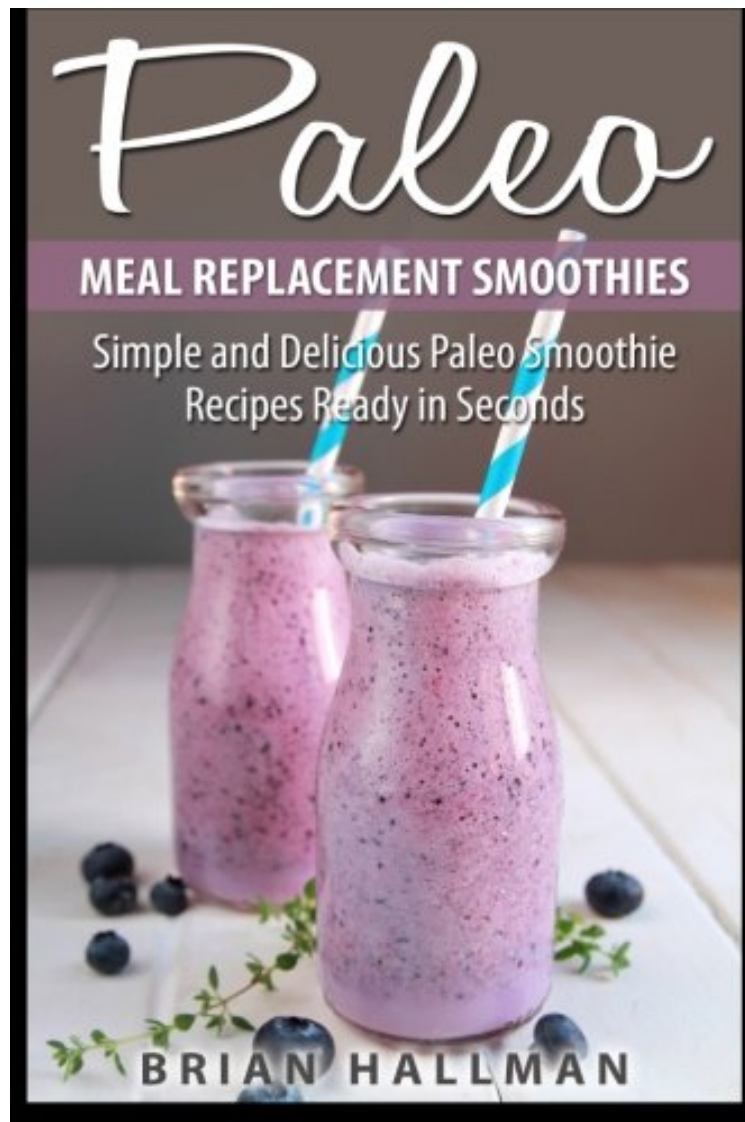


(Mobile ebook) Paleo Meal Replacement Smoothies: Simple and Delicious Paleo Smoothie Recipes Ready in Seconds

Paleo Meal Replacement Smoothies: Simple and Delicious Paleo Smoothie Recipes Ready in Seconds

Brian Hallman

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Replacement Smoothies: Simple and Delicious Paleo Smoothie Recipes Ready in Seconds:

The Paleolithic diet, also popularly referred to as the caveman diet, Stone Age diet and hunter-gatherer diet. It is a modern nutritional diet designed to mimic the diet of wild plants and animals eaten by humans during the Paleolithic era. This translates to more protein and meat, fewer carbohydrates and a diet rich in fiber. The Paleo diet chooses to eliminate dairy products, grains, legumes, processed oils, refined sugar, salt, and many of the popular drinks we consume like coffee alcohol. In this book we find ways to incorporate the benefits of the Paleo diet into our smoothie recipes. Blending up a Paleo smoothie is a great way to get all of the benefits of nutrition in one high density healthy beverage. Paleo smoothies are inherently healthier than the kind you'll find being sold at smoothie places, or in stores, or that you've seen recipes for online. So grab your blender and this book and lets make some delicious smoothies!