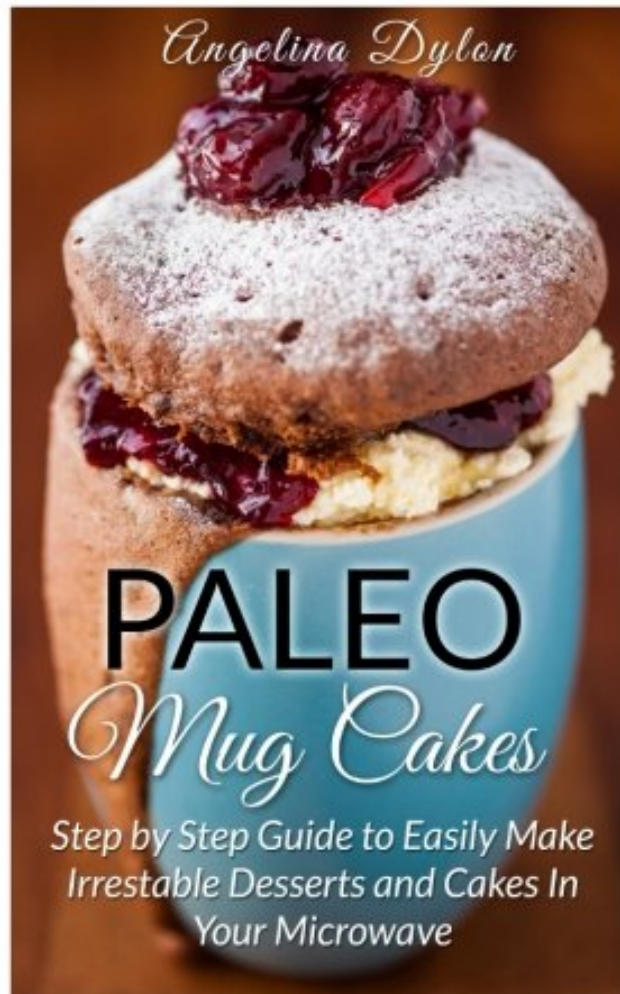


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Angelina Dylan

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2 of 2 people found the following review helpful. mostly non-paleo recipesBy Tahanee WoodsThere are an astounding

number of recipes that don't even follow the most flexible rules of paleo. I was disappointed by that and hope others new to the lifestyle aren't confused or misled about the fact that gluten, grains, soy, sugar, beer, and, for some, dairy are not part of the plan. That being said, of the recipes that can be considered paleo they are pretty good so I'll go two stars rather than one. 2 of 2 people found the following review helpful. Not even close to being Paleo...By H. Deaton Most of the recipes in this book are bogus and written by someone who is oblivious to what paleo actually is. Here are some of the ingredients used in this "paleo" book: peanut butter, sugar, all purpose flour, soy milk and my favorite "organic white cake mix". I wish I could give this zero stars for being blatantly misleading. Do not buy this! 2 of 2 people found the following review helpful. not sure author knows what paleo is! By Customer Feeling thankful that I didn't pay for this book! The amount of recipes that call for refined sugar, all purpose flour, self rising flour, cake mix...and on and on with non paleo ingredients is amazing! Given this, I'm not sure I even trust any of the recipes enough to put the time and ingredients into them. Very disappointing.

Paleo Mug Cakes A Step by Step Guide to Easily Make Irresistible Desserts and Cakes in Your Microwave! This book contains proven steps and strategies on how to create the most enticing and delicious Paleo Mug Cakes that won't only make you happy but would definitely improve the state of your health and make you feel better about yourself. These cakes are very easy to make as you only need your microwave for them—so you'll surely make a whole lot of them before you know it! From cakes that are perfect for breakfast, to those that you can eat for lunch, dinner, snacks, and dessert—you'll find them all right here! Read this book now and start making those cakes! Also, included in this book you will find: Simple to make mug cakes recipes step by step guide how to make Mug Cakes Paleo Mug Cakes recipes for Breakfast Paleo Mug Recipes for Lunch Paleo Mug Cake Recipes for Dinner And much more delicious Mug Cakes recipes! Make yourself happy with these delicious healthy Mug Cakes recipes which you can enjoy again and again!! Scroll Up and Grab Your Copy Now!!