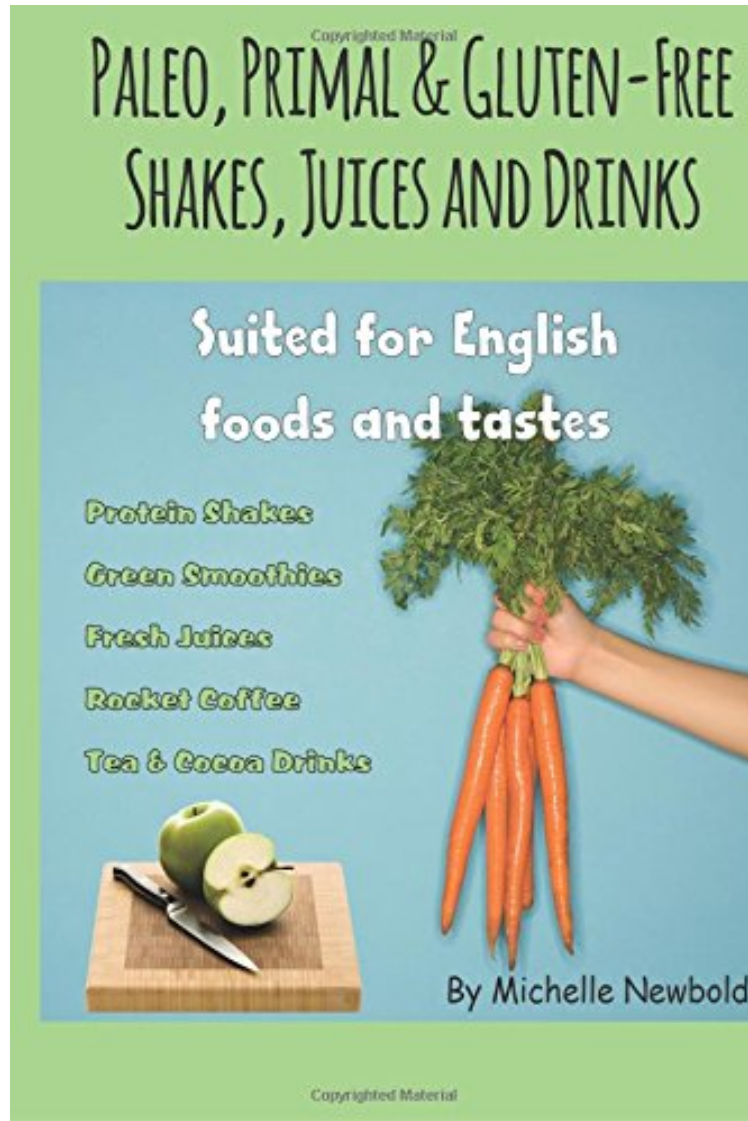


[Ebook pdf] Paleo, Primal Gluten-Free Shakes, Juices and Drinks Suited for English foods a

Paleo, Primal Gluten-Free Shakes, Juices and Drinks Suited for English foods a

Michelle Newbold

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Sometimes our busy lifestyles can leave us with little time to prepare a healthy breakfast or lunch on the run. Although it is always better to eat your protein and greens as a rule, when time is pressing it can be simpler and more convenient to drink down your nutrients in a healthy shake or smoothie.

About the Author Busy single mum to one son and a rather large rescue greyhound. A life-long interest in food and nutrition has led to lots of research, testing, and many experiments in the kitchen and writing up the results. Undiscovered wheat sensitivities have influenced my recent writing and interest in primal eating.