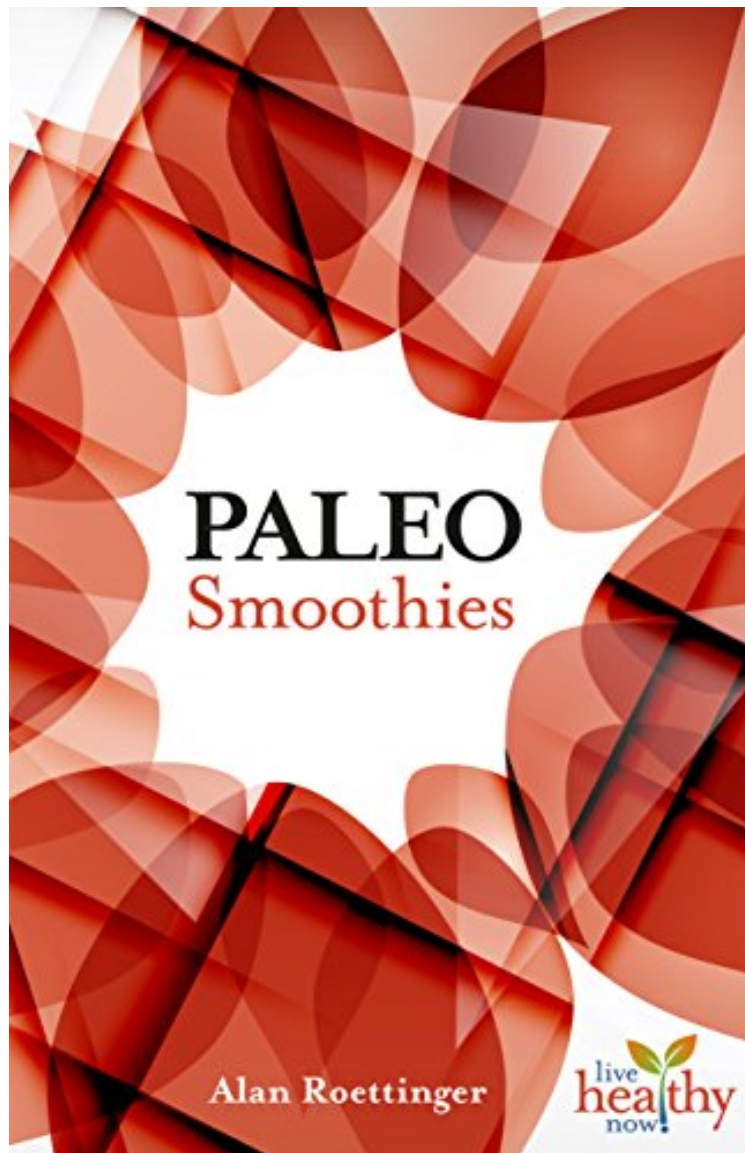


[Download pdf] Paleo Smoothies (Live Healthy Now)

Paleo Smoothies (Live Healthy Now)

Alan Roettinger

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Alan Roettinger : Paleo Smoothies (Live Healthy Now) before purchasing it in order to gage whether or not it would be worth my time, and all praised Paleo Smoothies (Live Healthy Now):

This booklet shows how to maintain your paleo diet while enjoying refreshing smoothies that follow paleo approved guidelines! Substituting nut milks for dairy and soy milk and incorporating primal leafy greens and chia seeds,a

ancient staple of Mesoamerica, are a few of the ways that paleo smoothies can pack nutrients. They're the perfect drink to stave off hunger, stimulate your senses or pick-you-up any time of day.

About the Author Alan Roettinger is a writer, food designer, blogger, and public speaker. His recipes showcase his ability to bring health and pleasure together in a wide range of dishes that are simultaneously sophisticated and accessible to the home cook. Alan is also the author of *Extraordinary Vegan*, *Speed Vegan*, and *Omega 3 Cuisine* and the co-author of *Paleo Vegan*.