



Paleo Monday to Friday: A Diet So Good You Can Take the Weekend Off

Daniel Green

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Paleo: Monday to Friday provides you with the perfect diet. The book is full of delicious, nutritious recipes, using only the fruits, veg, meat, seafood and nuts that our Paleolithic, hunter-gatherer ancestors thrived on when our species evolved. Plus it's written by top chef Daniel Green and with dishes like Salmon & Scallop Ceviche, Seared Honey-Glazed Pork and Kefaliko Greek Lamb, there's no compromise on taste or flavour at all. All you need to do is follow it for 5 days a week and, even if you do relax the rules and give yourself the weekend off, you won't sacrifice the weight loss you've achieved. Nutrient-dense, low-carb, high-protein natural food is the key to losing weight and feeling fantastic and this book shows you just how easy and enjoyable it can be.



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