



The Primal Diet: 30 of The Most Delicious Primal & Paleo Recipes

Alan Lawrence

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Even the name evokes a sense of pre-history. It stirs up something which is buried deep within our psyches and is gaining huge appeal, alongside the better known Paleo Diet. The two are similar, in that they shun processed foods and concentrate on the types of food which would have been available to our caveman ancestors, but they also differ in subtle ways.

Now, in this fantastic new book by Alan Lawrence, you will find a variety of recipes which will keep you interested and satisfied, as well as lean and healthy. You will have the added benefit of being able to eat some dairy products, as well as indulging in the odd glass of red wine or chocolate.

Foods which are an integral part of the diet include:

- Fruits
- Vegetables
- Lean meat
- Nuts
- Seeds

There are 30 recipes, each one tailored to your exact nutritional needs. Choose the delicious **Sweet Potato Primal Muffins** for breakfast or as a treat, a **Primal Beef Stew** for dinner or a **Beanless Chili** for something different.

And using this diet will help you to fight many modern day chronic illnesses which are becoming prevalent in today's society, including;

- Heart disease
- Type 2 diabetes
- Obesity

The recipes are well laid out, easy to follow and come with a glossy colour photograph to let you see exactly what you will be getting. This isn't one of those diets you'll do for a month and forget about. The Primal Diet provides recipes which will deliver the basis for a lifestyle change which will have you eating healthy, high energy foods which will go on to protect you from common health problems that arise from eating processed junk food.↓↓↓↓

If you are ready... Scroll up, grab this book, and take the first steps to improving your health while enjoying your favorite foods!

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