



Caveman Breakfast: Over 40 Simple Paleo Breakfast Ideas

Nigel Bailey

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The Paleo Diet has gone mainstream over the last few years, due in no small part to the trend in low-carb and gluten free diets.

Whilst the diet itself is relatively straightforward to follow (avoid anything in a box and you're 80% there!), breakfast is the meal that so many people struggle over.

Toast, bagels, croissants, muffins, pancakes, cereals and even oatmeal are now out of the question. So what's left? In this straightforward book, Primally Certified Expert, Nigel Bailey PhD provides suggestions for over 40 simple options for breakfast.

****This is not a traditional recipe book.****

There is certainly a place for recipes (and this book does contain a few), but rather the Paleo diet should be built on combinations of real foods, recognisable as real foods. Example recipes therefore, are interspersed with suggestions and ideas for quick, tasty and nutritious breakfasts. Providing commentary and insight into the Paleo diet along the way, this book represents a great resource for the beginning Paleo dieter, or for those who feel in a rut and are looking for inspiration for their breakfasts.

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