



# **Paleo Breakfast 365: A Full Year of Gluten Free Breakfast Recipes!: (Paleo Diet, Paleo Breakfast, Paleo Cookbook, Paleo Recipes, Paleo for Beginners)**

*Sydney Kroft*

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This book offers you Paleo breakfast recipes that will give energy to face the day. Always have busy mornings? Don't worry, the recipes in this book help you to prepare breakfast in just a few minutes! The Paleo diet adopts the eating pattern from the stone ages. Yes, you will eat healthy and preservative free food. You are not allowed to eat wheat, potatoes, or rice. At those times people only ate meat, vegetables, and fruit. The interesting thing is the Paleo diet does not prohibit you to eat as much as you want. However, you have to pay attention on what food is suggested in this diet. The effect of this diet can be drastically felt if it is done correctly. It can be difficult to eliminate old habit of having unhealthy food, but we can do it step by step. This diet has been researched and claimed to be able to decrease your weight in 7 days. So, what are you waiting for? With the complete guidance of hundreds of practical recipes at hand, you will, soon, have your dream posture and healthy body!

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