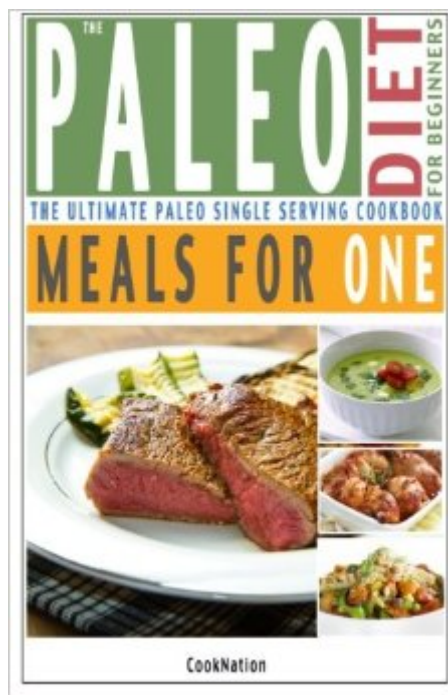


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# The Paleo Diet For Beginners Meals For One: The Ultimate Paleolithic, Gluten Free, Single Serving Cookbook



## Synopsis

If you are following a Paleo diet and are looking for healthy balanced SINGLE SERVING recipes then the 'The Paleo Diet for Beginners : Meals For One' is for you. The recipes in this book are all SINGLE SERVING nutritious 'Modern Paleo' meals which should help you balance your weight naturally and complement your Paleo lifestyle. Includes: Over 75 Recipes Delicious Main Meals Soups, Sides, Breakfasts and Desserts Nutritious Balanced Meals No Calorie Counting Info, Advice & Tips On Making The Paleo Diet Work For

You.[www.cooknationbooks.com](http://www.cooknationbooks.com)[www.bellmackenzie.com](http://www.bellmackenzie.com)

## Book Information

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## Customer Reviews

I'm single and it's ALWAYS frustrating cooking for one. This book gives delicious recipes and the perfect measurements for single serve meals. I also like that most of the recipes in there are different from other Paleo recipes I've seen. Also if you're cooking for more than one you just increase the measurements times the number of people. LOVE it!! No more food waste!!

All of the recipes I've tried have been delicious, easy, and awesome for a busy single person. Most cookbooks make servings for 4 or 6 - 2 is great for leftovers, but I hate eating the same meal ALL WEEK. I wish there were more cookbooks like this!

Paleo diet is new to me (not that I am at all overweight or gluten allergic, but like to cook healthy)

and I am enjoying trying the different recipes that are gluten free. I will be buying more Paleo recipe books.

Eh, not very practical or easy recipes. Not impressed.

This is a very straightforward book. The recipes were good, there just weren't enough of them. If you have allergies to a few ingredients, it leaves you wanting.

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