



Paleo Snacks: Quick, Easy and Delicious Paleo Snack Recipes That You Will Love (Paleo Diet Cookbooks)

Andrew Emerson

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PALEO SNACKS

Quick, Easy and Delicious Paleo Snack Recipes That You Will Love

In this day and age most people lead busy lifestyles. Making time for health has been pushed to the side by many families. *Paleo Snacks: Quick, Easy and Delicious Paleo Snack Recipes That You Will Love* is full of recipes that can help you to reclaim your own and your families' health by following the paleolithic guidelines.

The book starts with an introduction to Paleolithic eating and then is followed by 4 sections of recipes:

Protein Snack Recipes

These are recipes that have a substantial protein content. They are easy to make and great as pre and post workout snacks or to keep you full throughout the day.

Snack Bar Recipes

This section contains a variety of delicious snack bar combinations. These make for great snacks on the go and are a great source of energy.

Snack Recipes for Kids

This section contains fun, creative and tasty snacks for your kids. They are so good, you just might snack right along with them. You wont feel guilty for doing so, because they are full of healthy goodness

Sweet Paleo Snack Recipes

These recipes are for when your sweet tooth starts aching. You will find delicious sweet treats made from whole basic ingredients.

Scroll up, click "Buy Now" and enjoy delicious paleo snack recipes!

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