# Paleo Diet - Old Is Gold! (Paperback)

By M Usman, John Davidson

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Paleo Diet - Old is Gold! Table of Contents Prelude Getting Started Chapter 1: Overview Chapter 2: What to Eat and What Not? Chapter 3: Switching to the Paleo Diet Chapter 4: Paleo Diet Comparison Chart Benefits of Paleo Diet Chapter 1: Weight-Loss Chapter 2: Reduces Type-2 Diabetes Risk Chapter 3: Builds Muscles Chapter 4: Other Benefits Breakfast Recipes Chapter 1: Paleo Bread Chapter # 2: Paleo Pancakes Chapter # 3: Zucchini Eggs Main Dishes Chapter # 1: Paleo Chili Chapter # 2: Baked Salmon Chapter # 3: Rapid Roast Chicken Chapter # 4: Paleo Chorizo Kale Stew Chapter # 5: Spaghetti Squash with Sauce Chapter # 6: Homemade Pastrami Others Chapter # 1: Parrothead Salad Chapter # 2: Banana Bread Chapter # 3: Coconut-Dark Chocolate Chip Cookies Chapter # 4: Grapefruit Avocado Salad Conclusion References Author Bio Prelude What began as a social service has now become a means to earn money and fill one s pockets; specific eating patterns or diets have long been used to get rid of an ailment or condition. The technological boom,...

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