

Paleo Comfort Foods



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Reviews

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(Ms. Harmony Simonis I)*

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Victory Belt Publishing. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 10.7in. x 8.4in. x 0.9in. What if you could cook fantastic meals similar to the heartwarming comfort dishes your grandma used to make and have them be good for you? In *Paleo Comfort Foods*, Charles and Julie Mayfield provide you with an arsenal of recipes that are healthy crowd-pleasers, sure to appeal to those following a paleo, primal, gluten-free, or real-food way of life as well as those who have not yet started down such a path. Implementing paleo guidelines and principles in this book (no grains, no gluten, no legumes, no dairy), the Mayfields give you 100 recipes and full color photos with entertaining stories throughout. The recipes in *Paleo Comfort Foods* can help individuals and families alike lose weight, eat healthy and achieve optimum fitness, making this way of eating sustainable, tasty and fun. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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