



## Plant-Based Paleo Guide and Cookbook: The Guide to Being a Paleo Vegetarian Plus 50 Plant-Based Paleo Recipes (Paperback)

By Clay Elston

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Plant Based Paleo Guide and Cookbook (2016) The Guide to Being a Paleo Vegetarian Plus 50+ Plant-based Paleo Recipes The New Paleo In the midst of a steady revolution in what is the best diet philosophies, it is difficult not to question our own eating habits. From the blood type diet to the banana diet, the grapefruit diet to the glycemic index diet, the macrobiotic diet to the Mediterranean diet, the Southern Beach diet to the Skinny Bitch diet, how can you know which diet is really superior? The battles, pitting food group against food group, diet against diet, are rampant, with one of the latest being the primal paleos versus the hipster vegetarians. As you read through this book, you will learn that these two popular eating lifestyles, Paleo and Vegetarianism, can and should co-exist harmoniously to give a proposed better alternative than practicing paleo or vegetarianism alone. Before we lay out our amazing plant-based paleo recipes, we will explore these two different ideologies and examine their principles, key arguments, and why the plant-based paleo diet will give you the best..



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