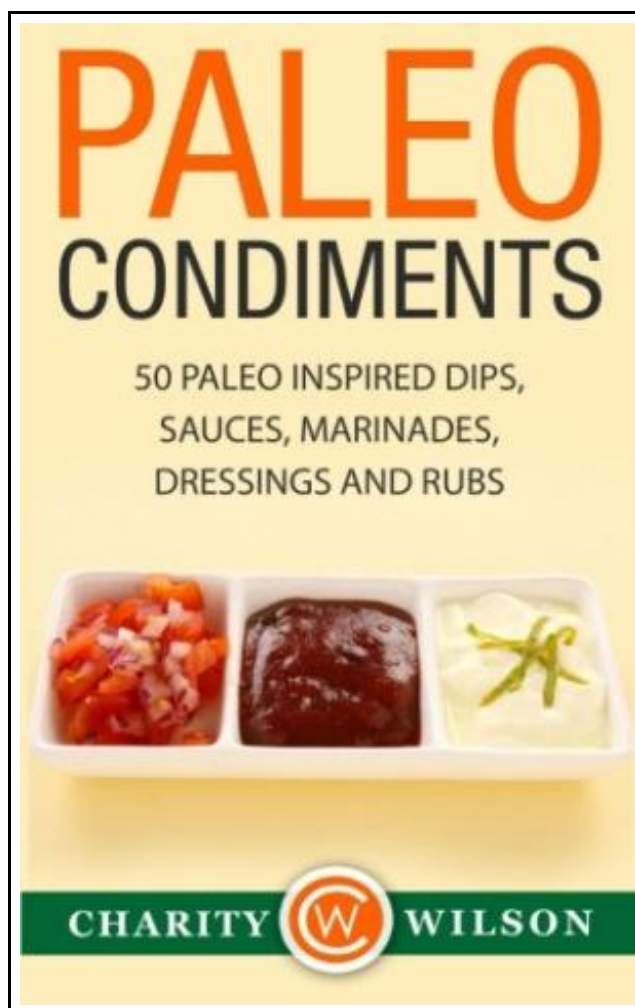


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(Rebecca Bechtelar)

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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Tired of gnawing on dry, flavorless pieces of meat? Paleo Condiments Is The Cookbook You Need When was the last time you looked at one of those dry, boring chicken breasts and thought to yourself YUM ? Never, who does that? Everything tastes better with a condiment, but the problem is most of the packaged ones are full of unhealthy ingredients. Inside you will discover 50 condiment recipes that will flavorize your life and make your non-Paleo friends want to come over for dinner again. Paleo Grilling And BBQ Enthusiasts Rejoice What is a BBQ meal without something dripping with sauce? A travesty, that s what. Paleo followers can now enjoy barbecuing while maintaining their dedication to their lifestyle and health. The barbecue recipes you shoved to the back of the cupboard have been reborn just by replacing their sauces with these ones. Boom! That stainless steel, 14,000 BTU barbecue with the 740 square inches of cooking space just became the life of the party again. Get out the wet wipes because it s about to get saucy. Voluptuous Vegetables With the Paleo Diet, you will be eating a lot of vegetables and salads so of course you want dressing for them. Just not the bottled kind that will add a layer of fat to your abs before you can even get the lid back on the bottle. With the dressings you find inside you can be confident you will not have to choke down those vegetables anymore. Not only do they taste great but you will get a god dose of healthy fat to complement the nutrients in those vegetables. Sneak Peak Of Paleo Condiments Here are just a sample of what you will find inside: Paleo Pumpkin...

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