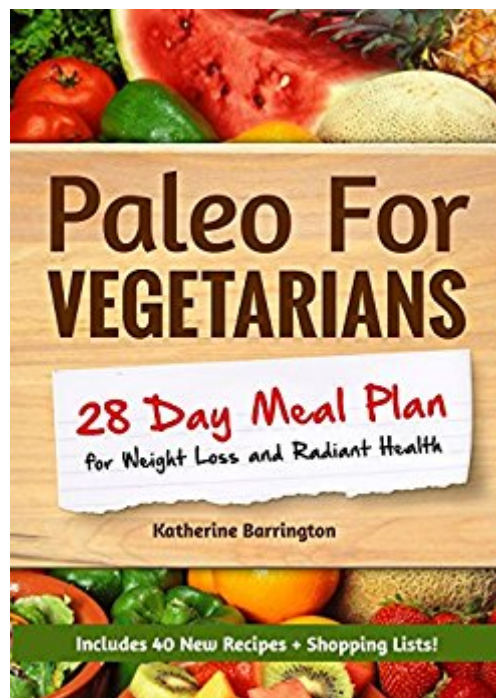


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# Paleo For Vegetarians: 28-Day Meal Plan For Weight Loss And Radiant Health: Enjoy The Health Benefits Of Paleo-Without The Meat!



## Synopsis

Paleo For Vegetarians is back, this time with:â € 40 NEW mouth-watering recipesâ € A 28-day meal plan to help you LOSE WEIGHTâ € 4 weeks of GROCERY LISTSâ € A free bonus recipe book including 10 HEAVENLY PALEO SMOOTHIES! Following the success of the best-selling Paleo For Vegetarians: Quickstart Guide and 30-Recipe Cookbook, we wanted to provide some more treats to our savvy vegetarians who have ditched the grain as well as the gristle. We now present to you Paleo Diet For Vegetarians: 28-Day Meal Plan For Weight Loss and Radiant Health. Thousands of vegetarian cookbooks exist, but if youâ €™re also grain free, finding recipes that donâ €™t include bread, beans or other grains and legumes can be a frustrating endeavor. And although youâ €™ve most likely heard all about Paleo, if youâ €™re a certified veg, youâ €™ve probably let its meat-heavy hype pass you by. But is there a way to experience the health benefits of Paleo, without the meat? In Paleo For Vegetarians: 28-Day Meal Plan For Weight Loss and Radiant Health, health and fitness writer Katherine Barrington once again gives you the low-down on how our Paleolithic ancestors ate and how vegetarians can incorporate caveman principles into their diets, as well as offers you 40 NEW, simple and delicious vegetarian-friendly Paleo recipes, and a complete 28-day meal plan including grocery lists, all to make your life easier as well as more delicious. Youâ €™ll even get a FREE BONUS recipe book entitled 10 Heavenly Paleo Smoothies, a selection of delectable smoothies you can eat at breakfast, as a snack, or any time of day! By getting back to nature, to a time before processed foods, agriculture or even fire, you can experience benefits such as: â € Increased energy levels â € Improved sleep patterns â € Stable blood-sugar â € Sustained weight-loss â € Clearer skin and healthier looking hair â € Improved mental clarity â € Improved mood â € Reduction or elimination of gas and bloating â € Lowered risk of heart disease, diabetes and cancer â € Higher immune function â € Healthier gut flora â € Reduced allergies â € Reduced inflammation â € Lower cholesterol levels â € Reduced environmental impact â € Increased animal welfare Inside the book, youâ €™ll also discover:â € How to get enough protein with Paleo For Vegetariansâ € Which nutritional supplements may benefit you while following Paleo For Vegetariansâ € Tips For Losing Weight on Paleo For Vegetarians And of course, youâ €™ll be achieving these benefits all while enjoying delicious veggie Paleo recipes, such as: â € Cranberry Banana Muffinsâ € Cinnamon Raisin Wafflesâ € Ginger Carrot Bisqueâ € Raw Walnut Taco Chiliâ € Spiced African Vegetable Stewâ € Coconut Chia Seed Puddingâ € Banana Hemp Smoothieâ € and more! If youâ €™re a grain-free vegetarian, someone whoâ €™s currently eating Paleo but wants to reduce or eliminate meat from your diet for further health benefits, or someone who wants to lose weight, energize and eat awesome, delicious food, all while having each and every meal completely

planned out for you, then Paleo For Vegetarians is just for you! Bon Appétit!

## Book Information

File Size: 7367 KB

Print Length: 121 pages

Publisher: Merry Elephant Publishing (February 17, 2015)

Publication Date: February 17, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00TQWROTI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

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## Customer Reviews

Very disappointed with this book! The meal plan contains at least 2 eggs per day, which is neither vegetarian nor well thought out. The carbohydrate on the menu plan works out to several hundred grams per day, probably due to all of the bananas. I also found the author's premise that vegetarians should eat a little meat (flexitarian) inappropriate in a vegetarian cook book as well as insulting. I returned this poorly written book. Try Plant Based Paleo by Jenna Zoe or Paleo Vegan by Jones and Riettinger. You won't regret purchasing either of those.

Why do I think the authors are not vegetarian? Aside from the fact that under the category "Meat [!] and Protein", out of the 19 listings, only one (egg) might be considered vegetarian. They also concur that 46g are needed daily for women; others indicate 56g for men. They write: The protein offered on the Paleo for Vegetarians plan falls between 46 and 60 grams per day. Which recipes? I randomly selected a breakfast (muffin), lunch (soup), dinner (veggie casserole) and snacks (deviled eggs) and came up with 32g. You can specifically chose the high protein dishes, but that limits the

selection. I will keep the book -- the recipes look good -- but will have a modified Paleo diet.

I've been interested in transitioning to a Paleo diet for awhile now but didn't know where to start. The meal planning guide and suggested shopping lists in this book have been very helpful in helping me take the first step. I've had a great time trying all of the delicious recipes! Make sure to try the Coconut Chia Seed Pudding!

so excited to try this book, what a great concept ! i have tried the paleo diet before and found that it was a lot of meat, since then i have started to move away from so much meat and more to juicing and vegetarian meal planning so i very excited to try this cook book all the best parts of both in one easy to read and understand cookbook genius!!

This book is a great guide for anyone interested in the paleo diet while being vegetarian. It explains the basics and benefits of the diet and then also includes a full meal plan for you! Will recommend to my crossfit friends.

This book is highly recommended. There are meal planning guides and suggested shopping lists that is very helpful in taking the first step in achieving your diet. There are even recipes that are clear and easy to follow and photos which makes it mouth watering like coconut banana pancakes, coconut chia seed pudding and a lot more so I am excited to try these recipes. Their health contents are rather beneficial and amazing.

I really like this product, I bought the Kindle version so I was able to have it instantly. It is very detailed and breaks it down for you. I also really like how it has a meal plan instead of just giving you the recipes.

This book was recommended to me by a friend and I can't tell you how excited I am to have it in my repertoire! The recipes are clear and easy to follow and the photos make one's mouth water. Coconut banana pancakes here I come:)

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