



The Frugal Paleo Cookbook: Affordable, Easy & Delicious Paleo Cooking

Ciarra Hannah

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SAVE MONEY & STAY GLUTEN-FREE WITH THESE EASY, DELICIOUS PALEO RECIPES

For those on the Paleo diet, one of the biggest concerns isn't the variety but the price. Luckily, Ciarra Hannah, creator of PopularPaleo.com, has 100 easy, wallet-friendly Paleo recipes that'll feed the whole family.

Ciarra uses flavorful but less expensive cuts of meat in traditional yet approachable cooking methods, as well as her roll-forward technique for creating multiple dishes to maximize your time in the kitchen. You'll love her keys to budgeting, tips for making items ahead of time, 5-ingredients-or-less seasoning blends and other money-saving pointers.

Ciarra offers an incredible and practical selection of Paleo dishes for everyday eating including Tequila Carnitas, Stupid Easy Asian Beef, Chicken & Chorizo Stew, Cuban Tilapia in Mojo and?Tater Tot Casserole with Sweet Potato Tater Tots! So, if you're loving the Paleo diet but hating the amount of money you spend each month, this book is a must-have. Save your money, enjoy tasty grain-free meals and be healthy!

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Diana Sturgill:

A lot of people always spent all their free time to vacation or maybe go to the outside with them household or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that is look different you can read a new book. It is really fun for yourself. If you enjoy the book you read you can spent 24 hours a day to reading a book. The book The Frugal Paleo Cookbook: Affordable, Easy & Delicious Paleo Cooking it is quite good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore easily to read this book through your smart phone. The price is not too costly but this book features high quality.

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