



# Paleo Cooking For One: 101 Healthy Cooking for One Recipes

*Savanna Peters*

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In recent years, the Paleo diet has erupted as one of the most effective dietary plans in terms of increasing the overall health of your body as well as cutting away those stubborn & unwanted pounds. Following the Paleo diet is therefore simple on paper, yet might seem a bit overwhelming to those who are new to it, especially if you are trying to find recipes for two. This book, which is designed for those following a Paleo diet, will guide you through the process of cooking for one. It is stocked with varied, delicious Paleo recipes that will keep you coming back time & again. Eat well and stress free with *Paleo Cooking For One: 101 Healthy Cooking for One Recipes* you'll surely celebrate a flavorful and nutritious year ahead!

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