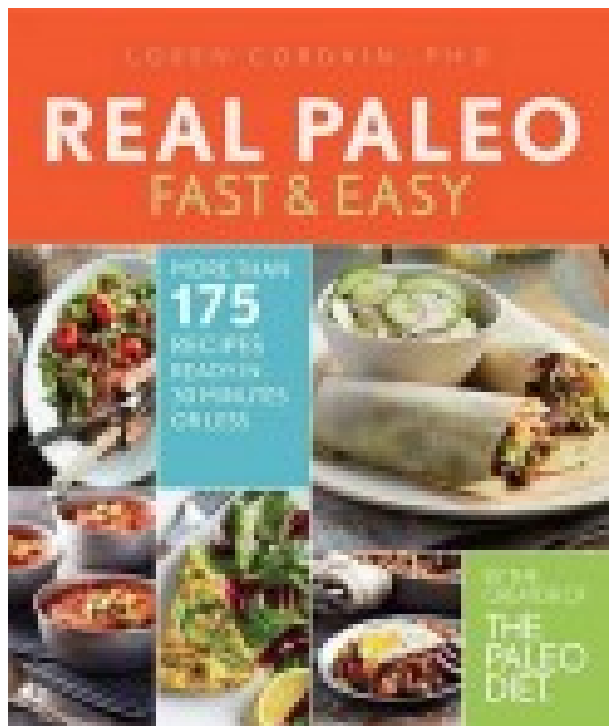


The Real Paleo Diet Fast & Easy



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[The Real Paleo Diet Fast & Easy.pdf](#)

[The Real Paleo Diet Fast & Easy.epub](#)

Loren Cordain, Ph.D., creator of The Paleo Diet, understands that we live busy lives, but he also knows this is no reason to sacrifice good health a great dinner that follows The Paleo Diet is only 30 minutes away with this innovative cookbook.

The book has a range of speedy meals, from flash-roasted fish to microwave peach chutney for pork chops. There are soups, skillet meals, fresh dinner salads, and more. The 170 recipes and 70 color photos make dinner easy and appealing. The recipes use Paleo convenience foods, such as salt-free canned tomatoes and frozen vegetables, and draw on the techniques that Dr. Cordain and his family developed for their own busy lives. Also included is the Paleo Pantry, with recipes for Paleo condiments and spice blends to enliven meals throughout the week.

De ulike FODMAPene finnes i ulik mat, og mange matvarer inneholder flere forskjellige typer. Her er en liten oversikt over vanlige matvarer som inneholder de ulike.