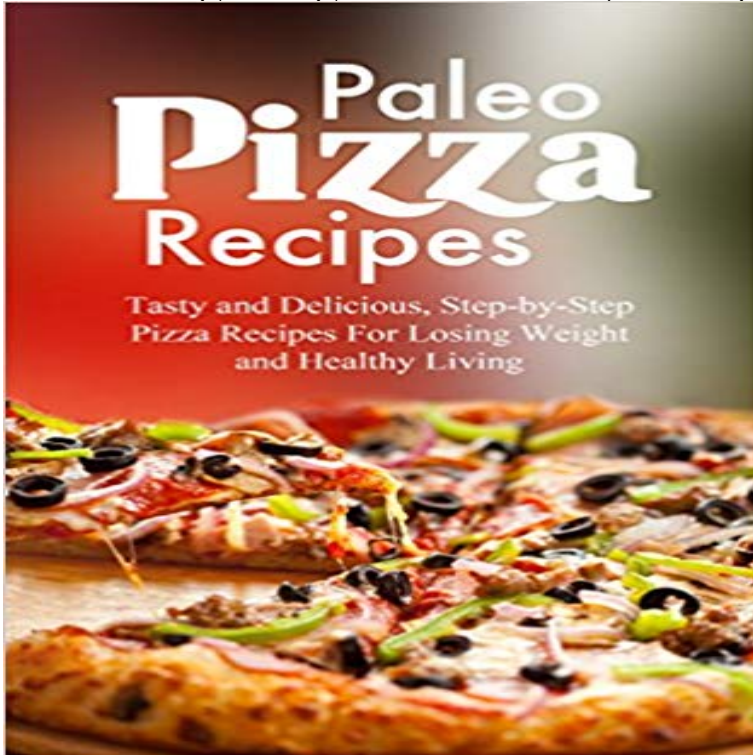


Paleo Pizza Recipes: Tasty and Delicious, Step-by-Step Pizza Recipes For Losing Weight and Healthy Living



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You like pizza. We all like pizza. But for some reason, we avoid it because it doesn't have what it takes to be considered healthy. In this book we will try to recreate the meaning of the word pizza, by offering you a wide range of recipes, low on fat, but very tasty. Even if you are on a diet, you will have to take a bite from one of our paleo pizzas. Eating what is forbidden has never been so easy. Just follow our guidelines, and you will have a healthy and delicious meal. This book kicks off with the classic pizza and builds up to new flavors from all around the world. Eating Paleo or the Paleolithic diet is very well-known modern lifestyle. It is said if we only eat foods that are unprocessed or as little processing as possible, and cutting the fat, we will manage to keep our health. Scientists came to this conclusion because of the incapacity of our bodies to thrive with modern food which contains chemicals and unwanted ingredients. Using this book, you'll discover that it's all about how you combining ingredients sticking to a low carb healthy diet! The basics of the low carb diet is eating food that it's just a little or at all processed. Food you can include in your diet: low fat meat, fish, eggs, vegetables, fruit, nuts, seeds, high-fat dairy, fats, and healthy oils. Mixing them correctly, you will create delicious meals that are really healthy! Buy this book now, and discover; Healthy and delicious recipes Make your own real Paleo pizzas Low carb diet Feel great! Our recipes include recipes like; Paleo Pizza with

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