



Paleo Italian Cookbook: Healthy, Delicious, Low Carb and Gluten Free Recipes

John Jacobs

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About the Book This book is full of delicious and healthy Italian recipes for followers of the Paleo diet. Learn more about the Paleo diet in the introduction. Then explore the flavors and combinations of Italian style cooking that are made to be delicious appetizers, breakfast recipes, lunch recipes, dinner recipes and last but certainly not least, desserts! Enjoy the collection of delicious & nutritious meals, desserts & snacks while getting into your Paleo habits.

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