



The Paleo Cookbook: Breakfast Recipes That Wont Kill Your Diet

Karen Williams

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Breakfast is the most important meal of the day. If you start the day right, you will have the energy needed to get you through the day and with the right kind of energy, you will not feel hungry or tired until its time for the next meal.

This Paleo Cookbook features 25 simple to make and delicious recipes that will make breakfast an even more special time of day!

By switching to Paleo, you will be able to keep yourself full longer, keep your energy levels up, and be more productive in your mornings.

The only problem with this book is that you may never want to leave the kitchen after this!

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