



Piece of Cake Paleo - Effortless Paleo Avocado Recipes

By Jack Roberts

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 36 pages. Dimensions: 8.8in. x 5.8in. x 0.2in. Effortless Avocado Recipes is THE Avocado bible! Are you finding it painfully difficult to keep your healthy meals exciting Clueless and overwhelmed when asked to make real food that's actually tasty? Humiliated because nobody wants to eat what you make? Sick and tired of always feeling hungry and not having enough energy? No idea how to substitute good fats into your diet and still have your food taste good? Hate that you have to give up the tasty foods you crave for healthy-yet-boring meals? Ever feel helpless and misunderstood when trying to justify your boring salad concoctions? Ever feel like this so-called green-eating lifestyle is actually making your life miserable? Well, now there's Effortless Avocado Recipes! The purpose of this book is to: - Provide genuine, easy, quick, and delicious recipes for people who don't have a lot of time to be in the kitchen - Make a healthy diet easy for ANYONE to follow by providing substitutes for your favorite foods (think avocado potato salads, pizzas, shakes, etc.) - Teach you how to substitute avocados for fatty and unhealthy...

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