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Paleo Chef Quick Flavorful Paleo

In The Paleo Chef, Evans provides more than 100 recipes for gorgeous food that is satisfying, distinctive, and good for you, including Kale Hummus, Vietnamese Chicken Wings, and Key Lime Tart. Each and every one of Evans's innovative recipes pops with flavor and is brought to life with stunning, full-color photography.

The Paleo Chef - Pete Evans

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The Paleo Chef: Quick, Flavorful Paleo Meals for Eating ...

The Paleo Chef is his breakout book, a visually rich collection of more than 100 of his most inspired, no-sacrifice recipes for every meal of the day, from Sprouted Seed Bread to Chia Seed Pudding, Grilled Asparagus with Roasted Bone Marrow to Chocolate Beet Cake, and more. ...more.

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In *The Paleo Chef*, Pete Evans, one of Australia's leading chefs and food personalities, shows readers how to prepare gorgeous food that is satisfying, flavor-forward, and good for you. A graduate of New York's Institute of Integrative Nutrition and an enthusiastic supporter of the Paleo movement, Pete's mission is to revolutionize the way we eat and live.

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To make paleo oatmeal, combine 1 cup (237 ml) coconut milk, 1/4 cup (28 grams) almond flour, 1/4 cup (20 grams) unsweetened shredded coconut, 1 tablespoon ground flaxseeds, 1 teaspoon coconut oil...

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