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## Paleo Ketogenic Book Bundle Mediterranean Meal Prep

By Mercedes Del Rey

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 282 pages. Dimensions: 10.0in. x 8.0in. x 0.6in. If you love the flavours and the fantastic colours and variety of Mediterranean cuisine, you're going to love the new fusion of southern European cooking with the fabulous Paleo Ketogenic Method. No more counting calories or following fad diets. No more short-term weight loss followed by long-term weight gain. Those days are over. Now you can eat healthily and thoroughly enjoy your appetite with this mouth-watering approach to delicious nutrition. The Mediterranean way of eating has been closely associated with long life and good health for hundreds of years and now you can combine the best of this excellent way of enjoying your food with the latest breakthroughs in nutritional research. That means you can eat some of the most delicious food on the planet and still promote healthy weight loss, great health and total wellbeing. The Mediterranean diet is a perfect complement to the wonders of the Paleo Method and the emphasis on healthy fats fits in perfectly with the revolutionary Ketogenic approach to smart nutrition. The result A perfect celebration of the best of southern European cuisine with...



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