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journey into eating paleo started in 2011 after a year of unexpected weight gain, anxiety, and a slew of other issues that affected her overall well-being.

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Flynn Peterson shows you how to get everything you want in a healthy diet, and avoid everything you don't. Megan's journey into eating paleo started in 2011 after a year of unexpected weight gain, anxiety, and a slew of other issues that affected her overall well-being.

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The Big 15 Paleo Cookbook, written by
Megan Flynn Peterson, is a simple
cookbook with fantastic paleo recipes
that won't break the bank or take hours
to prepare. With over 150 easy to make
recipes, many of which take less than 30
minutes to prepare, The Big 15 Paleo

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Cookbook also contains allergen labels,
learn by doing fundamentals and 10
must-make recipes per chapter.

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The Big 15 Paleo Cookbook offers the
exact opposite: fantastic recipes that

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won't break the bank or take over your life. With over 150 Paleo recipes that are well rounded, easy, and delectable, you'll never have to wonder what to cook.

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In The Big 15 Paleo Cookbook, Megan Flynn Peterson shows you how to get everything you want in a healthy diet,

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Each of the Big 15 is then given its own chapter filled with recipes and numerous variations of them. Interspersed throughout the chapters are pantry basics (sauces, marinades, and dry rubs) that have been made to match the Paleo

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diet--like In this book, you'll find over
150 Paleo recipes to help with meal
planning.

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Flynn Peterson ...

In The Big 15 Paleo Cookbook, Megan
Flynn Peterson shows you how to get

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The 12 Best Paleo Cookbooks For

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She's followed a Paleo diet since 2012, and has written two cookbooks on Paleo cooking, which I own and also enjoy: The Big 15 Paleo Cookbook, and The Big 10 Paleo Spiralizer Cookbook. The Big 15 Ketogenic Diet Cookbook highlights 15 key ingredients for Keto cooking, including avocado, cauliflower, zucchini,

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dairy, and bacon (drool).
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cookbook August 14, 2016 by Chrissie 1
Comment As a self-proclaimed
carbohydrate queen, I've told you about
the trials and tribulations of attempted
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In The Big 15 Paleo Cookbook, Megan Flynn Peterson shows you how to get

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Hitting the #2 mark among the 2017 best paleo cookbooks is The Big 15 Paleo Cookbook by Megan Flynn Peterson. In Paleo, you have specific foods that you build your meals around. This cookbook features 150 recipes, with

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450 total variations, surrounding 15 big ingredients.

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The Big 15 Paleo Cookbook offers the exact opposite: fantastic recipes that won't break the bank or take over your

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life. With over 150 Paleo recipes that are well rounded, easy and delectable, you'll never have to wonder what to cook.

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