

## 31 Awesome Paleo Snacks: One Month of Easy Guilt-Free Treats (Paperback)



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## 31 AWESOME PALEO SNACKS: ONE MONTH OF EASY GUILT-FREE TREATS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Sometimes the hardest part of sticking to a diet is when those cravings come between meals and you just know you are going to crash. To help you in your change to a healthy diet, we have put together enough snack recipes to get you through the next month. These 31 delicious Paleo snacks are easy to make, and take just minutes to prepare. You can use these snacks to hold you over until your next meal, or even eat them as small meals. The best foods to use for these snacks are organic foods, as they are free of pesticides and other chemicals. Try these easy to make Paleo snacks as a great appetizer between meals and as a way to avoid eating unhealthy foods for snacks.



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