



Quick & Easy Paleo Comfort Foods: 100+ Delicious Gluten-Free Recipes

Julie and Charles Mayfield

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Julie and Charles Mayfield, authors of the breakout success Paleo Comfort Foods, bring fans another serving of 100 Paleo recipes that are easy, healthy and irresistibly delicious. The wildly popular Paleo movement continues to gain momentum as millions of people discover the undeniable health benefits and effortless fat loss that comes with eliminating gluten, legumes and dairy from their diets. This gorgeous, four-color cookbook provides an impressive selection of Paleo recipes that are not only healthy and delicious, but quick and easy to prepare. The tips and recipes in this book will transform favorite dishes and go-to comfort foods into healthy, gluten-free meals that readers can enjoy even on the busiest weeknights!

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