



## **Paleo Casseroles for Vegetarians: Simple dishes, great flavor (Paleo Casseroles Book 1)**

*Elizabeth Ambrose*

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The Paleo diet is a high fibre, high protein diet that helps you to:

- lose weight
- increase energy level and
- improve your general wellbeing, among many other benefits.

The Paleo diet eliminates eating processed foods and includes a variety of lean meats, poultry, fish, fruit, vegetables, nuts and seeds, just like our primal ancestors ate.

The Paleo casseroles for vegetarians include a variety of delicious recipes that are easy to make, just for vegetarians. The recipes include vegetables, fruits and nuts and do not contain dairy products. Only few recipes include egg for the lacto-ova vegetarians.

This book includes:

- Introduction to Paleo casseroles for vegetarians
- Background to the Paleo diet
- Introduction to Paleo diet and what to eat and not to eat
- How the Paleo diet works
- Benefits of the Paleo diet
- Delicious Paleo casseroles recipes for vegetarians

All the recipes include nutritional information, helping you to keep an eye on your calorie intake.

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