



Autoimmune Paleo Cookbook: Top 30 Autoimmune Paleo (AIP) Breakfast Recipes Revealed! (The Blokehead Success Series)

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Going paleo may be difficult, but there are a lot of creative minds out there who have made things easy for you! This book collates 30 of the easiest and best-tasting autoimmune paleo recipes that are perfect for starting your day. No matter what your preferences are -- meat, soup, skillet, sweets, even yogurt and smoothies -- there is something in store for you in this book. Breakfast has been proven to be the most important meal of the day, so there is nothing like real food to wake you up. Read on, eat heartily, and enjoy your AIP lifestyle!

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