



## **Top Rated Green Recipes: Paleo style: free of gluten, grains, dairy and refined sugars**

*Tina Cordain*

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*"I have three of Tina Cordain's Paleo recipe books and love them all. The recipes in this book where a great help increasing the greens in our diet with more variety in terms of both types of greens and tastes. Highly recommended."* **Amy Harrison**

## Top Rated Green Recipes

A few years ago I challenged myself to eat greens every.single.day. Well...almost every single day.

In this book I want to share my favorite green recipes with you.

All recipes suit the Paleo diet, being free from gluten, grains, soy, legumes, high omega 6 nuts/seeds (oils), additives and refined sugars. Only real whole healthy foods.

## Green vegetables are one of the most nutrient dense and healthy foods around.

What makes them so healthy is that they are full of vitamins such as vitamin C, E and K, minerals such as iron, calcium and magnesium and phytonutrients such as chlorophyll, beta-carotene, lutein and zeaxanthin which act as anti oxidants in the body. They are low in calories and have a high water and fiber content.

Recipes you will find in the book include:

- Green juices
- Green smoothies
- Salads
- Soups
- Side dishes
- Snacks

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