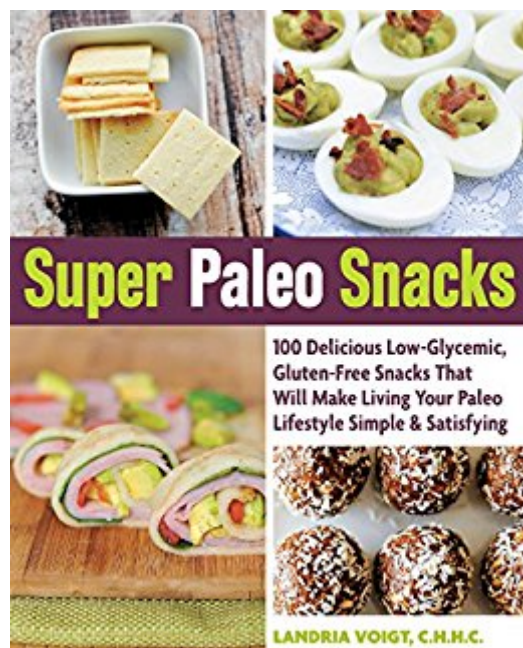




The book was found

Super Paleo Snacks: 100 Delicious Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying



Synopsis

What's a Paleo-lover to do? Snacks are essential for making sure we get the proper amount of nutrients. They refuel our bodies and allow us to be productive at work, school and during fitness activities, but it's so difficult to find a snack that isn't processed, boxed, or GMO. You need snacks to feel good about eating, that are portable, appealing, inexpensive, and easy to make. That's a tall order. Luckily, there is Landria Voigt's Super Paleo Snacks. With over 100 recipes using Paleo superfoods like coconut, avocado, sweet potatoes, and almond, you will be on your way to amazing health benefits including reduced incidence of diabetes, autoimmune illnesses, cancer, and neurodegenerative diseases. These recipes are quick and easy to make, most take under 15 minutes to prepare! Try every easy Paleo-approved recipe for enjoyable bites, treats, and munchies. You'll always have something healthy, natural, and delicious for snacking!

Book Information

File Size: 25426 KB

Print Length: 192 pages

Publisher: Fair Winds Press (November 10, 2014)

Publication Date: November 10, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00PJ5LX7K

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #206,692 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #36

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Appetizers #76 inÂ Kindle

Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Carb #91

inÂ Books > Cookbooks, Food & Wine > Entertaining & Holidays > Appetizers

Customer Reviews

I bought this as a wonderful way to make items that everyone can eat. Paleolithic means no inflammatory allergy foods so I can easily make something for everyone. They also happen to taste incredible so this is an easy item to write a review about. I liked it so much that I purchased another

copy for my neighbor who was having a difficult time for a family party and wa_la - no more issues. Just lots of delicious and easy recip's to enjoy. I especially like how it's organized as it's really easy to find what you are looking for and also that on the top of each page there is a picture that indicates which food issues the recipe works for. That makes it really clear and simple. I also like that everything is healthy so I can make a snack or a meal out of the recipes. And I have. The last comment is on the explanations about food and paleo which I found to be awesome and very clear. The info was excellently communicated and easy to understand. Some of the info I haven't seen before which made it very interesting to read from cover to cover. I highly recommend this item.

As I've started transitioning my family into the Paleo lifestyle, we have found it difficult to find Paleo friendly snacks. I've been following Landria's blog for years (stiritup.me) so I was excited to hear she released a book on snacks. Being a working Mom with 3 active kiddos, it was nice to see Landria's "School and Work Snacks," and "On the Go Snacks." My personal favorite is the Sun Dried Tomato Chicken Sliders recipe and my kiddos would say their favorite is a tie between the Soft Paleo Pretzels and the Italian Meatballs. We can't wait for the next book from Landria!

This is a great book. The recipes are easy and doable for those of us without the inborn knack for cooking! Great delicious and nourishing recipes that even kids will go for! You will definitely want to get this if you are stuck in trying to find better options for your family to eat for snacks!! Get rid of the goldfish and cherios and use Landria's recipe for homemade crackers!! Way better!!!The pictures are amazing and helpful to know what the final product should look like!!! So worth the investment! Be sure to check out her blog too!

I thought this book is going to be only about Paleo snacks but I was surprised to see the amount of information it gave about the Paleo diet as a whole. It took quite a few pages to explain the different ingredients used and the reason for using them and giving suggestions for using other food stuff. Of course the recipes included are also excellent and quite easy to follow. Really loved this book.

Great snacks, hard to stop making our favorites. Need to try more.

Our new favorite cookbook! The kids have been getting bored with our Low-Glycemic and Grain-Free food choices and I've been struggling with school snacks, so everyone is super thrilled with all these delicious recipes. We're gradually making our way through the whole book and so far,

every recipe is a winner, even with my picky eaters.

Easy to read and recipes attractively presented. The first recipe was delicious so I am looking forward to trying others.

I was quite disappointed. I didn't find many recipes where we already don't posted online.

[Download to continue reading...](#)

Super Paleo Snacks: 100 Delicious Low-Glycemic, Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying Super Paleo Snacks: 100 Delicious Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick and Easy Paleo Dessert Recipes & Paleo Diet Baking Recipes (gluten free, lose belly fat, paleo ... diet desserts, paleo diet, wheat free) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) A Gluten Free Thanksgiving: How To Make a Delicious Gluten Free Turkey Dinner That Everyone Will Love (Fast, Easy and Delicious Gluten Free Recipes) Almond: Coconut: Almond Flour & Coconut Flour - Gluten Free Cookbook for Paleo Diet, Celiac Diet & Wheat Free Diet (paleo baking, paleo beginners, wheat ... baking recipes, gluten free diet cookbook) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) The Big Gluten-Free Bread Cookbook Vol. 1: Feel the Spirit in Your Little Kitchen with 500 Secret Holiday Bread Recipes!

(Vegan Gluten Free Bread, Gluten ... Cookbook,...) (Gluten-Free Bread Territory) Mouthwatering Gluten Free Recipes Slow Cooker Daily Easy Gluten Free Recipes That Your Family Will Love. (Paleo,Slow Cooker, Diet, Cook Book, Beginners, Low Carb,Gluten free, Weight loss Book 1) Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) Asian Paleo: 30 Minute Paleo! Your Complete Guide to Delicious, Healthy, and Gluten Free Asian Paleo in 30 Minutes or Less (Asian Paleo Guide - Thai, Japanese, ... Korean, Filipino, and Vietnamese Recipes) Asian Paleo: 30 Minute Paleo! Your Complete Guide to Delicious, Healthy, and Gluten Free Asian Paleo in 30 Minutes or Less (Asian Paleo Guide - Thai, ... Korean, Filipino, and Vietnamese Recipes) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Paleo Chicken Recipes: Delicious Gluten Free, Low Fat Paleo Chicken Recipes. (Simple Paleo Recipe Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)