



Simple French Paleo: Flavorful Allergen-Free Recipes for the Autoimmune Protocol

Sophie Van Tiggelen

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The Paleo Autoimmune Protocol has never been so delightful!

Rediscover the joy of food with this beautifully crafted cookbook, deeply rooted in French tradition and family cooking.

Simple French Paleo is a beautiful collection of accessible, delicious, and nourishing recipes, all of which are compliant with the elimination phase of the Paleo Autoimmune Protocol. The recipes are free from gluten, grains, legumes, dairy, eggs, nuts, seeds, and nightshades! It also contains all the information you need to get started on the Paleo Autoimmune Protocol, including:

- A comprehensive introduction to the Paleo Autoimmune Protocol (also referred to as AIP)
- Complete food lists detailing what to eat, what to avoid, and what to consume in moderation
- Detailed explanations of the four phases of reintroductions
- Essential lifestyle tips
- A complete how-to guide for setting up an AIP pantry at home
- Valuable extras: cooking timetables, conversion tables, and a handy steaming tutorial
- 90 mouthwatering, allergen-free recipes compliant with the elimination phase of AIP
- Full color photography, including many gorgeous shots of the incomparable Provence countryside

Fresh, real food is at the heart of life. Enjoying the pleasures of life is possible even if you are struggling with an autoimmune disease or chronic illness. Let Simple French Paleo be your guide back to health.

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Reading a guide tends to be new life style in this era globalization. With studying you can get a lot of information that will give you benefit in your life. Having book everyone in this world could share their idea. Guides can also inspire a lot of people. A great deal of author can inspire all their reader with their story or their experience. Not only the story that share in the publications. But also they write about the ability about something that you need example of this. How to get the good score toefl, or how to teach your kids, there are many kinds of book which exist now. The authors nowadays always try to improve their proficiency in writing, they also doing some analysis before they write to the book. One of them is this Simple French Paleo: Flavorful Allergen-Free Recipes for the Autoimmune Protocol.

Penny Risley:

Reading can called brain hangout, why? Because when you find yourself reading a book particularly book entitled Simple French Paleo: Flavorful Allergen-Free Recipes for the Autoimmune Protocol your head will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely might be your mind friends. Imaging each word written in a e-book then become one type conclusion and explanation which maybe you never get prior to. The Simple French Paleo: Flavorful Allergen-Free Recipes for the Autoimmune Protocol giving you another experience more than blown away your thoughts but also giving you useful data for your better life in this particular era. So now let us present to you the relaxing pattern here is your body and mind will likely be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

Jacqueline Thompson:

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