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The Everything Vegan Paleo Cookbook: Includes Tangerine and Mint Salad, Mango Berry Smoothie, Coconut Cauliflower Curry, Roasted Tomato Zucchini ... Hundreds More! (Everything Series)

Daelyn Fortney

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The best of both worlds!

You might think that paleo and vegan diets are complete opposites. But that's not true! There are plenty of foods besides meat in the paleo diet. After all, our ancestors were hunters and gatherers, and they likely ate plant-based diets for much of the time. Both paleo and vegan diets focus on clean eating, and The Everything Vegan Paleo Cookbook provides readers with 300 deliciously clean recipes that focus on fresh vegetables and fruits, nuts, sprouts, and healthy fats, including:

- Two-Tomato Salsa
- Avocado-Watermelon Salad
- Almond Joy Smoothie
- Acorn Squash Autumn Bisque
- Veggie Kebabs with Chimichurri Sauce
- Tropical Cashew Nut Butter
- Pistachio-Pumpkin Trail Mix
- Plum Blueberry Coconut Crumble

With these full-flavored, whole-food recipes, you'll have hundreds of options for following both the paleo and vegan lifestyles.

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Heather Robertson:

Playing with family within a park, coming to see the marine world or hanging out with close friends is thing that usually you may have done when you have spare time, and then why you don't try factor that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love The Everything Vegan Paleo Cookbook: Includes Tangerine and Mint Salad, Mango Berry Smoothie, Coconut Cauliflower Curry, Roasted Tomato Zucchini ... Hundreds More! (Everything Series), you can enjoy both. It is great combination right, you still wish to miss it? What kind of hang-out type is it? Oh come on its mind hangout men. What? Still don't understand it, oh come on its known as reading friends.

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