



## **Idiot's Guides: Mediterranean Paleo Cookbook**

*Molly Pearl*

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The Paleo Diet is an incredibly popular diet, but it's also expensive, difficult to follow, and controversial due to the high consumption of red meat, pork, and animal fats that the diet demands. *Idiot's Guides: Mediterranean Paleo Cookbook* combines the benefits of the Paleo Diet with the medically-proven health benefits of the Mediterranean Diet to give Paleo followers a new way to reap the benefits of two of the most popular diets on the planet. Anyone who is interested in taking a healthier approach to Paleo (traditional Paleo followers, vegan, or vegetarian-leaning eaters who need or want to eat meat for health reasons, and anyone with grain or inflammation issues) will be interested in this book. With over 100 fantastic, uber-healthy recipes, you will learn how to cook the Mediterranean Paleo way from an experienced Paleo chef who has developed recipes for several of the most popular Paleo sites on the Internet.



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