



52 Healthy Paleo Breakfast Ideas: Dairy, Gluten, and Grain Free Morning Meal Ideas

Caitlin Weeks

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This book is designed for people who want to have a healthy and satisfying breakfast so they can stick to their weight loss goals. This book includes recipes that are easy to make in a hurry but are full of protein to keep them full for hours and regulate blood sugar. The recipes are free of gluten, grains, dairy and refined sugar. Most have all natural sugar free options. It also includes over 15 autoimmune protocol friendly recipes for helping people who have an autoimmune symptoms.

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