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The popular paleo diet involves eating more leafy greens, fruits, meats, and fish, while eschewing processed foods and dairy. Sounds healthy, right? And strict! Popular blogger Irena Macri follows the diet 80 percent of the time, allowing room for the occasional dessert or drink. The result? She looks and feels great, but not deprived.

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More than 100 recipes, beautiful photographs of colorful creative dishes, and can-do messages from Irena make Eat, Drink, Paleo Cookbook a book that appeals to cooks who want to embrace a healthier diet . . . most of the time.

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Going Paleo is the only book you'll need to transform the way you eat - and change the way you look and feel - for good. This comprehensive and user-friendly guide shows you both why to go paleo and how to go paleo, with over 80 essential recipes to get you started.

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donâ€™t want to drink it by itself, a large majority of recipes in this book call for bone broth, so it is something you should have on hand either fresh or frozen in advance. Healing Foods Other Staples I like to use coconut cream and coconut milk to thicken and add â€œcreaminessâ€ to my recipes. I recommend having at least coconut cream

## **Cookbook - Whole30**

The Eat Drink Paleo Cookbook is the first cookbook by Irena Macri of the blog Eat Drink Paleo and what a debut! With just over 100 recipes, Eat Drink Paleo Cookbook is a general cookbook that includes a short intro to the Paleo diet.

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