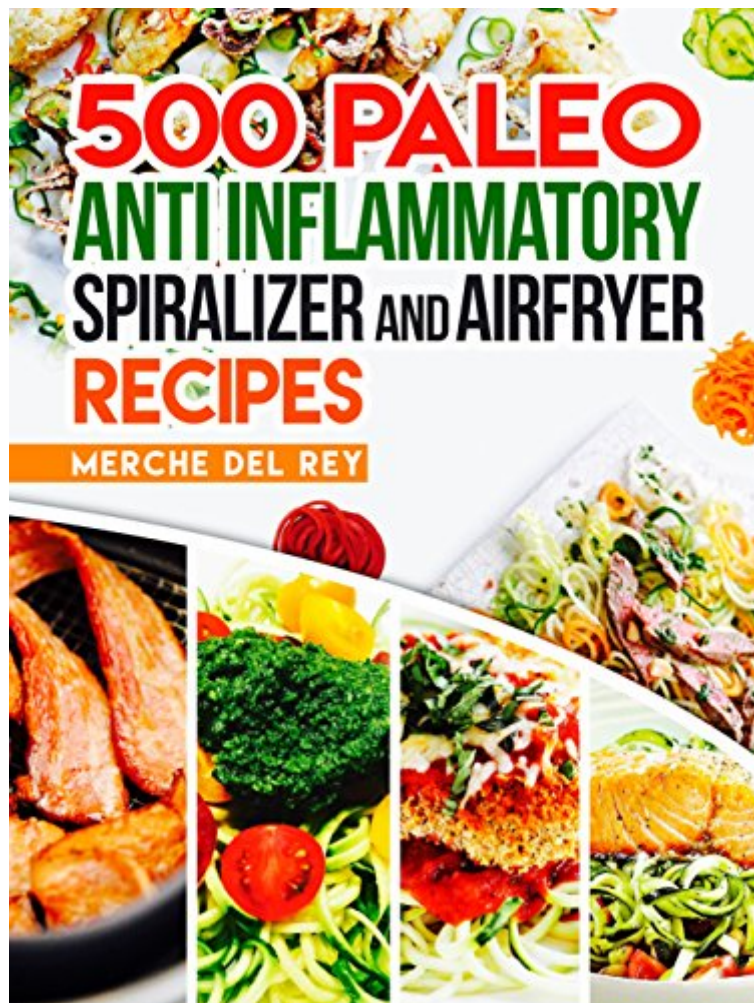


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# **Paleo Anti Inflammatory: 500 Paleo Anti Inflammatory Spiralizer And Air Fryer Recipes: Paleo Cookbook, Breakfast, Lunch, Snack, Quick And Easy Healthy Recipes For Weight Loss, Anti Infammatory**





## Synopsis

The Paleo Method is a way of experiencing life with joy, vitality, renewed health, vigour and happiness. **SPECIAL PRICE TODAY. (Time Limited Offer!)** 500 Mouthwatering and Delicious Recipes for you and your family to enjoy. One of the most important discoveries in recent years has been the discovery that our health is intimately connected to what we eat. We now know that our health and wellbeing are directly connected to our choice of food. The consequences of this discovery have been far reaching and continue to inform medical opinion about the importance of diet. As researchers reveal the connections between highly-processed food and the explosion in obesity rates, cancer, diabetes and heart disease, we now understand that a more natural, un-processed diet can reverse years of harmful eating and restore health all the way down to the cellular level. Today, it's become possible to eat ourselves into a healthier, fitter and slimmer condition. And the champion eating style that continues to receive the greatest support amongst nutritionists is the celebrated Paleo Diet. Paleo is the best interpretation of how our distant ancestors adapted to their environment. Our bodies still reflect those early eating habits and the fact is that most of us simply haven't adapted to the highly processed foodstuffs that make up the modern diet. Give your body the food that's best suited to your needs, and your body will flourish, prosper and feel amazingly well. It's natural. It's easy. And it feels fantastic. It's also one of the most effective ways to lose weight - permanently. Paleo offers an incredible range of tastes, flavours and textures so it's incredibly versatile and adaptable. There's food aplenty for every possible taste. But now you can combine the healthiest, most natural choice of ingredients with the joys and convenience of the ever-popular Spiralizer and the brilliant aid to daily cooking - the superbly efficient Air Fryer. This has to be the absolute best of all worlds: fabulous recipes that will dazzle and amaze your taste buds, wonderfully creative Spiralizer dishes that will add flair and panache to every meal and the speed and convenience of the super-fast and virtually fat-free Air Fryer. This could be the start of a whole new way of life for you. **•** Amongst the five hundred varied and imaginative recipes, carefully designed and selected by leading nutritionist, Merche Del Rey, you can learn how to: Create highly efficient fat-busting dishes that will shred your belly fat and strip away the excess pounds. Re-set your metabolism to kick start your natural fat-burning cells. Tame your cravings and feel satisfied after every meal. Banish the guilt and purgatory of binge eating. Eliminate the toxins from your body. Master your sugar cravings. Discover new levels of energy and renewed stamina. Look and feel years younger. Witness the improvement in your skin and hair condition. Beat the bloating forever. Wake up feeling refreshed and energised. Save time and money by planning and preparing your dishes in advance. The Paleo Diet has changed the lives of millions of followers and now the

dishes can be beautifully adapted to the gorgeously creative Spiralizer and the revolutionary Air Fryer, a powerful pair of kitchen appliances that will enhance and simplify your kitchen activities and provide you with even more benefits as you follow the Paleo lifestyle. So much more than a diet, the Paleo Method is a way of experiencing life with joy, vitality, renewed health, vigour and happiness. Don't waste another second. Get this amazing collection of life-enhancing recipes right now. You deserve it!

## **Book Information**

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## **Customer Reviews**

The book is well written and very informative. Anti inflammatory diet is definitely one of those diets which I have been wanting to try for quite some time but I couldn't wrap my head around it. That was until this book came along and so far I have understood the diet and I am applying it. The recipes taste good. It's the best tool I have for making the lifestyle change I want to make. I've already recommended it to my friends.

The author, Mercedes del Rey, lives on an island in Spain and that alone makes me envious.

Merche (her friends call her that, but after reading her book, I feel like we're friends) grew up in Spain, but traveled to the US, China, India, Africa and South East Asia. She's brought a little bit of all those cultures into her writing and philosophy. I make an endless array of anti-inflammatory dishes and this book did appeal to me, for that very reason. It is filled with tasty anti-inflammatory recipes, that I have not seen elsewhere. Plus, I Love Spiralizing. I honestly don't have an Air Fryer, but would love to get one. If I can just talk my sister into it. She thinks I have "Way Too Many Gadgets and Cookware" It didn't help that the roofers came in, looked around and said, "Do you have a catering business?" "No, Why?" "Because I've never seen so much cookware, that ceiling rack and those food processors." My sister told them I had more in a room in the basement. My sister decided I have too much stuff. So, whenever I can soften her up, I'll get an air fryer. I think I'd like one of those. She just walks around, looking at things, "What's that thing?" "That's a truffle slicer. I need that. You never know when you'll have an expensive truffle and they need to be thinly sliced." She doesn't understand the needs of a gadget junkie. OOOH!! Loved it, when Bento boxes came out. So, back to the meat and potatoes of the book (that's rhetorical) The book contains over 500 recipes and that is a bunch. I plan on using many of the recipes. There are 500 recipes to choose from, including: Pastas, Salads, Main Dishes, Pizzas, Muffins, Burgers, Deserts and More. Here are just a few of the interesting looking offerings: Nutritious Cauliflower Burgers, Healthy Tuna Croissant, Blueberry & Yogurt Muffins, Exotic Turkey & Egg Breakfast Burrito, Bacon & Cheese Muffins, Crunchy Zucchini Fries, Chicken Kiev, Spicy Chickpea & Courgette Burgers, Coconut Shrimps, Lemon Biscuits, Pecan & Cranberry Granola, Smartie Loaded Cookies, Tasty Alien Shrimp, Mongolian Chicken, Cheesy Shrimp Zucchini Pasta, Delish Rainbow Roasted Beef Pasta, Alien Salad, Magic Zucchini Tuna Salad, Delicious Crab Sticks, Roasted Veggie Pasta Salad, Fresh Herbed Ratatouille, Fresh Greek Pork Salad, Sunday Turkey Lasagna, Hawaiian Zucchini Pizza, Crunchy Fruit Tacos, Green Kale Smoothie with Mango. This book was not penned in a weekend. It contains "717 pages" and a vast amount of knowledge. I'm rarely impressed by books, but this one was the exception. The author has done a fine job and I congratulate her. Needless to say, I recommend the book. Thank you for reading my review.

Very informative. So much to read and great recipes. Anti inflammatory diet is definitely one of those diets which I have been wanting to try for quite some time but I couldn't wrap my head around it. That was until this book came along and so far I have understood the diet and I am applying it. I've already recommended it to my friends.

This is a solution of my big problem, my uncle who is diabetic patient consultant advice him to take anti-inflammatory recipes so I get this book the book has too many delicious and healthy recipes which are giving him heal and now he fell better and happy to get delicious healthy food thanks.

With a spiralizer and airer in your kitchen this book is worth having as you will discover lots of helpful recipes you can prepare using the cooking utensils.

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Complete Air Fryer Guide AIR FRYER RECIPES: AIR FRYER COOKBOOK: 500 BEST RECIPES TO FRY, GRILL, ROAST AND BAKE (paleo, clean eating, keto, healthy meals, air fryer recipes cookbook, ... cooking for two, vegan, Instant meal, pot ) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Air Fryer Cookbook: Easy & Healthy Air Fryer Recipes For The Everyday Home –œ Delicious Triple-Tested, Family-Approved Air Fryer Recipes (Healthy Cookbook Book 1) Anti Inflammatory Diet: 1000 Anti Inflammatory Recipes: Anti Inflammatory Cookbook, Kitchen, Cooking, Healthy, Low Carb, Paleo, Meals, Diet Plan, Cleanse, Whole Food, Weight Loss, For Beginners Air Fryer Cookbook: The Comprehensive Air Fryer Cookbook for Busy People - Includes 40+ Healthy, Quick & Easy Recipes for Beginners (Air Fryer Series 2) Air Fryer Cookbook: Quick and Easy Low Carb Air Fryer Vegetarian Recipes to Bake, Fry, Roast and Grill (Easy, Healthy and Delicious Low Carb Air Fryer Series) (Volume 4)

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