

Paleo Monday to Friday: A Diet So Good You Can Take the Weekend off



Paleo: Monday to Friday provides you with the perfect diet. The book is full of delicious, nutritious recipes, using only the fruits, veg, meat, seafood and nuts that our Paleolithic, hunter-gatherer ancestors thrived on when our species evolved. Plus its written by top chef Daniel Green and with dishes like Salmon & Scallop Ceviche, Seared Honey-Glazed Pork and Kelftiko Greek Lamb, theres no compromise on taste or flavour at all. Additionally, every dish is designed to be low in fat so the weight will drop off effortlessly. All you need to do is follow it for 5 days a week and you can even have the weekend off and relax the rules a little and you will still see great results. This is the diet that Daniel has followed for over 25 years and it works. Low-fat, natural food is the key to losing weight and feeling fantastic and this book shows you just how easy and enjoyable it can be.

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