



# **On the Go Paleo: Instant Paleo Recipes from Gluten Free Sandwiches, Wraps, Tupperware Lunches and Salads**

*Heather T Brian*

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About the Book This is a book for people who are following the dietary guidelines of the Paleo diet. Review what the Paleo diet is and how it can benefit your lifestyle. Then put the diet into practice with a collection of recipes that are good for life on the go. The recipes start with breakfast time and are something you can grab and go. Get your day started off right. The challenge for many people is lunch time. When you are at work or out and about, it is easy to grab something that is convenient and not so Paleo. These recipes will give you inspiration to pack your lunch. A delicious collection of sandwiches and wraps come up next. Get a Paleo version of a sandwich. Next, dishes you can prepare the night before and pack in a Tupperware container for a hearty healthy lunch. Lastly, pack a light salad in a Tupperware and bring it along for a refreshing lunch. Enjoy these recipes and we hope it helps you with your road to healthy eating in a busy world.

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