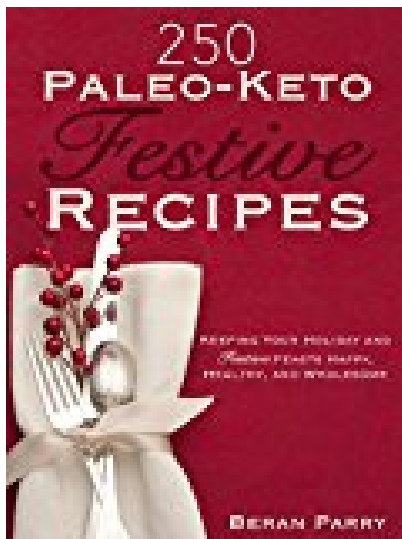


250 Paleo - Keto Festive Recipes Keeping Your Holiday and Festive Feasts Happy Healthy and Wholesome Paleo Cookbooks Best Sellers 2016 - Paleo Keto - Ketogenic Diet for Beginners - Paleo Recipes



BOOK DETAILS

- Author : Beran Parry
- Pages : 343 Pages
- Publisher : OneLifeWellbeing
- Language : English
- ISBN :

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BOOK SYNOPSIS

The Nordic Diet is all about eating locally sourced seasonal ingredients in a balanced diet of protein, carbohydrates, and beneficial fats. The traditional diet of Northern Europe emphasizes quality homemade and homegrown food—with an attempt at moving away from processed foods—and consists of a wide variety of grains, berries, vegetables, fish, poultry, and game meats. Not only is a Nordic diet comparable in terms of nutrition to the celebrated Mediterranean diet, but it also provides an easy plan for eco-friendly eating. This soulful book includes the elements, ingredients, and basic philosophy of eating a Nordic diet with information on the nutritious benefits of each ingredient. It boasts seventy-five delicious and healthy recipes—from breakfast smoothies and cold cucumber soup to venison stew and raspberry lime sorbet—and teaches you how to incorporate the principles of the Nordic diet into your everyday cooking routine.

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