

[PDF] Paleo Lunches And Breakfasts On The Go: The Solution To Gluten-Free Eating All Day Long With Delicious, Easy And Portable Primal Meals

Robb Wolf, Diana Rodgers - pdf download free book

Books Details:

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Author: Robb Wolf, Diana Rodgers

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Description:

Review

“Diana is one of the most important people in the burgeoning sustainable food story and greater

Paleo food movement.” —Robb Wolf, author of *The Paleo Solution*

“Working mom. Busy practitioner. Grad student. Writer. Diana is all of these things and more - so if you're looking for someone who understands a go-go-go lifestyle, the buck stops here. Busy people need the right tools to stay healthy, and this book puts those tools all in one place. (And it's NEVER boring or bland - these recipes are yummy and fun!) Finally - someone who understands how to make life easy; food delicious; and healthy living as rewarding and simple as it's meant to be!” —Liz Wolfe, author of *Modern Cave Girl*

“One of the biggest challenges I see patients face when adopting a Paleo diet is incorporating it into their daily life. It can be daunting for a busy professional or a mother to cook breakfast and lunch on top of dinner every day, but Diana's book offers 100 delicious yet simple recipes to make this as easy as possible. It's an excellent resource for anyone following a Paleo diet that doesn't have time to be in the kitchen all day. ” —Chris Kresser M.S., L.Ac

"Diana's inventive breakfast and lunch ideas are a gift -- especially for those of us with busy schedules. Not only are her recipes bursting with flavor, but they can be quickly assembled as you barrel out the door in the morning. Trust me: You won't be able to wait to dig into your lunchbox." —Michelle Tam, creator of popular blog, Nom Nom Paleo

"Diana is a mother of two, leads her own successful nutrition practice, works on a farm with her family, and is studying to become a registered dietitian. It is rare to find an individual with such nutrition-related experience who also possesses remarkable talent in the kitchen." —Mathieu Lalonde, Ph.D. Organic Chemistry, Harvard University

"If you have to eat on the run and want to keep it healthy and paleo then this book is mandatory! - Amy Kubal, MS, RD, LN

About the Author Diana Rodgers is a nutritional therapist, cooking teacher and nutrition consultant to several Crossfit gyms. She is the founder of Radiance Nutrition and recently hosted a dinner for key players in the Ancestral Health Symposium including Robb Wolf and others.

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