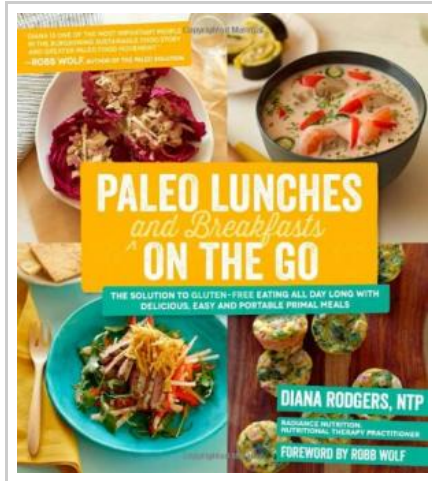



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By Rodgers, Diana

Page Street Publishing, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!

Summary: "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...



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