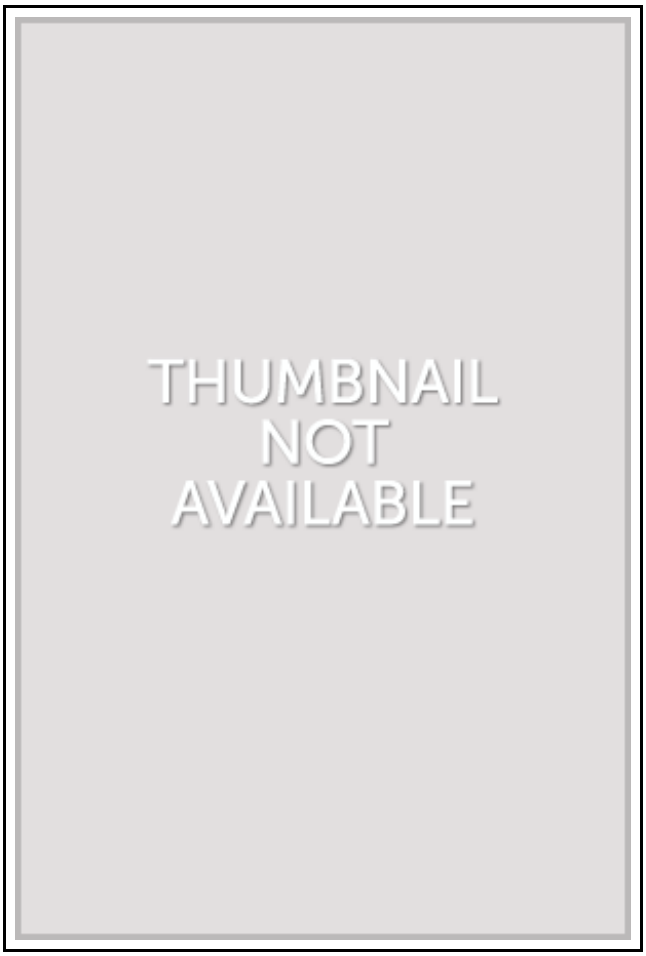
Paleo Happy Hour: The Paleo Approach to Small Plates, Appetizers, and Drinks with Friends (Paperback)



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Reviews

This publication will never be straightforward to get going on looking at but really fun to see. This can be for all those who statte that there had not been a worth looking at. You wont really feel monotony at at any moment of your own time (that's what catalogs are for about should you request me).
(Cale Hansen Sr.)

PALEO HAPPY HOUR: THE PALEO APPROACH TO SMALL PLATES, APPETIZERS, AND DRINKS WITH FRIENDS (PAPERBACK)

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Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 142 mm. Language: English . Brand New Book. In Paleo Happy Hour: The Paleo Approach to Small Plates, Appetizers, and Drinks with Friends, you re about to discover how to become the ultimate social butterfly without deviating from your commitment to health. That s right ladies and gents, you CAN enjoy a busy and satisfying social life - Paleo Style! Let s face it, nobody likes to be the wet blanket who always says no to social gatherings or even worse That Guy who stands at the party acting as a conveyor belt for everyone else s snacks without ever sampling any themselves. At the end of a long, busy and stressful week, we all want to let our hair down a bit, have a meal out with friends and maybe even indulge in a libation or two, but when you decided to follow the Paleo way, you thought those days were gone for good. Well they don t have to be! I m here to show you that you can still enjoy nights out, parties, and yes, even the occasional drink (we ll explain that inside) without fear that you are doing irreparable harm to your body or undoing all the good you have done since you ve been on Paleo. This book is your ultimate happy hour guide! From appetizers, to small plates, pub grub, sides, sweet treats and even a few drinks - this book has it all! So dust off your dancing shoes - its party time people! Here Is a Preview of What You ll Learn. How to rev up your social life, so you can actually go out with friends and not be stuck with another bland chicken breast with a side of broccoli...

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