



# **Mexican Paleo Cookbook: Great Delicious, Quick & Easy Recipes for Tex Mex and Mexican Comfort Food (Easy Paleo Solutions Book 5)**

*Betty Cook*

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**Mexican Paleo Cookbook: Great Delicious, Quick & Easy Recipes for Tex Mex and Mexican Comfort Food (Easy Paleo Solutions Book 5) Betty Cook**

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**Want to cook something delicious and healthy at the same time for you and your family, but your time is not enough? Then this is the book for you!.**

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Did you know that Mexican cuisine also has its own healthy counterpart? A lot of people are always wondering what they can do to help make these dishes better in terms of being healthy. We all know that this particular type is known for its great comfort food association. The delicious take of Mexicans with their chili and corn dishes have held the love of many people all over the world.

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**But did you know that you do not have to go to restaurants or be a professional chef in order to come up with healthy Asian recipes? By mixing the usual Asian dishes with the Paleo diet, you can actually achieve a whole new level of delicious and healthy food.**

## **You will learn all the details In Asian Paleo Cookbook:Quick & Easy Gluten Free Paleo Recipes for Chinese, Thai, Japanese, Filipino, Vietnamese and Korean Comfort Foods.**

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Now, you do not have to worry whether the amount of calories you are consuming is too much or not because you can actually integrate the Paleo diet with Mexican cuisine. You do not have to be a professional chef to do this. Even in your own home, experimenting with the many dishes of Mexican origin will not be hard.

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This book, entitled “Mexican Paleo Cookbook” will serve as your guide in making those innovative dishes. Keep that Mexican flavor, but with a healthy twist.

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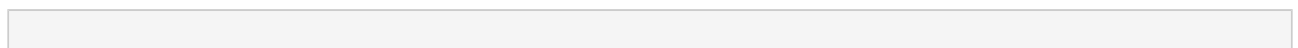
You Will Learn All These And Much More...

1. Are you interested about the Paleo diet?  
Learn more about what it is and how it can help in giving an overall healthy take on the usual Mexican comfort food.
2. Did you know about Tex-Mex?  
This fusion of American and Mexican style has given way to a new kind of cuisine that is suited to the taste of more people. This book will explain more about this type.
3. How can you fuse the Paleo and Mexican diet?  
Get to know the secret of how average people are able to create good and healthy Mexican food.
4. Easy and Great Recipes to Try  
For beginners and experts alike, this book contains some simple recipes that you can try out at home.

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As a guide for everyone who is interested to eat Mexican food with a Paleo twist, this book will walk you through the basics on your way to a good start.

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