



**International Paleo Recipes Ready in 30 Minutes:
59 Quick & Easy Delicious Breakfasts, Soups,
Salads, Dinners and Desserts All Paleo Perfect,
Gluten Free, ... --- International Paleo Recipes ---
Book 6)**

TAG POWELL, Chef Cutting

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Delicious Healthy Meals In 30 Minutes!

A triple winner! In truth most Paleo recipes are dull and boring. Our secret to these great luscious Paleo meals is to go international and your secret will be no one will know these are healthy diet meals. We went to the world's best chefs to give you these amazing healthy dishes. Yes, every one of the 59 recipes are Paleo Perfect, Gluten-Free, Low Carb, Dairy-Free and NO Processed Sugar yet are taste treats. And the best factor to this cookbook is it is quick and easy to prepare. In 30 minutes you can have a exciting breakfast, lunch or dinner on the table. Just to give you an idea. You can start your breakfast with Breakfast Fruity Muffins. The kids (and grown-ups) will ask for this one it's made with bananas, cranberries and eggs. My favorite is the Chinese Scrambled Eggs with Stir-Fried Veggies. Lunch? Open with Thai Colorful Veggies Salad, then New Zealand Stir Fried Lamb. Dinner? Start with Spanish Olives Salad then Herbed Chicken & Mushroom Soup, your main dish Greek Lemony Grilled Chicken or my favorite Russian Beef & Mushrooms Stroganoff. The grand closing might be the incredible Banana & Pineapple Ice Cream (gluten and dairy free).

Step out of the boring box and try one of the healthy Paleo Perfect dishes...

Japanese Baked Salmon

Definitely, your whole family will like this Japanese baked salmon. The flavor combo of this recipe is phenomenal. Serve this salmon with fresh cucumber salad.

Prep Time: 10 minutes

Cooking Time: 15 minutes

Ready In: 25 minutes

Ingredients:

1 teaspoon fresh ginger, grated finely

1 garlic clove, minced

1 tablespoon sesame oil, toasted

1 tablespoon olive oil

1 tablespoon apple cider vinegar

1 tablespoon coconut aminos

1 teaspoon organic honey

1 pound salmon fillets

¼ cup sesame seeds, toasted

Directions:

1. In a large bowl, add all ingredients except salmon and sesame seeds. Beat till well mixed.
2. Add salmon and coat with marinade evenly. Cover and marinate for at least 30 minutes.
3. Preheat the oven to 400 degrees F. Lightly, grease a baking dish.
4. In a shallow dish, place sesame seeds.
5. Remove salmon from marinade and coat with sesame seeds from both sides.
6. Bake for about 12 to 15 minutes or till salmon is cooked completely.

And this is only one of 59 healthy taste treats waiting for you and your family. And remember no one will know it's Paleo Perfect.

Check the reviews below... Grab this book quickly while it is still on sale!

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Kevin Lewis:

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