



Pocket Paleo: Snacks

Nell Stephenson

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When it comes to eating Paleo, trainer, nutritional consultant and author of *Paleoista* Nell Stephenson knows that snacks can be especially challenging. But a snack and a meal should contain the same ingredients: fresh, real food and nothing else!

Start with a base of veggies, followed by some lean protein and finish off with some healthy fat and fruit, and you'll have your perfect paleo (tem)plate. Whether you're having a snack at home, work or school, following this schematic will ensure all your meals have the ideal paleo balance of protein, carbohydrate and fat.

Keeping on top of what you're eating as a snack between the other meals in a day can truly be the deal-maker in staying on track with your paleo regime, and maintaining an even keel in your blood sugar is key to keeping your fat-blasting metabolism on high.

POCKET PALEO: SNACKS includes

- 50 recipes, like homemade beef, turkey and salmon jerkies, savory smoothies, tuna Nicoise, Tex-Mex fish tacos, turkey and kale cobb and more
- Building paleo snack basics
- Quick and easy, in the office, kid-friendly, on-the-go, seasonal and holiday-inspired paleo snack recipes and more

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From reader reviews:

Matthew Williams:

Now a day folks who Living in the era wherever everything reachable by match the internet and the resources within it can be true or not need people to be aware of each facts they get. How people have to be smart in having any information nowadays? Of course the reply is reading a book. Reading through a book can help individuals out of this uncertainty Information specially this Pocket Paleo: Snacks book since this book offers you rich facts and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it as you know.

Carol Hamilton:

Playing with family in the park, coming to see the sea world or hanging out with pals is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Pocket Paleo: Snacks, you are able to enjoy both. It is good combination right, you still need to miss it? What kind of hang type is it? Oh seriously its mind hangout people. What? Still don't get it, oh come on its named reading friends.

Corrine Steinke:

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Casey Russell:

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