



**PALEO MADE PAINLESS FOR BUSY
WOMEN: BREAKFAST: Quick And Easy Gluten
Free, Dairy Free For Weight Loss And Optimal
Health!**

Leslee Mathieson

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PALEO MADE PAINLESS FOR BUSY WOMEN: BREAKFAST: Quick And Easy Gluten Free, Dairy Free For Weight Loss And Optimal Health! Leslee Mathieson
20 RECIPES, 10 INGREDIENTS AND ONLY 10 MINUTES TO MAKE.

Leslee Mathieson ran her own sandwich shop in downtown Calgary for 6.5 years and it became very famous. All the recipes were her own and she smoked fresh meat everyday on an outdoor smoker, in the middle of a major downtown center!

This is what she has to say about the first book of her in her Paleo Made Painless For Busy women Series.

I don't know about you but I don't need 100 recipes. What I want is simple, my life is complicated enough!

As busy women we often skip breakfast, run to work, grab a coffee etc. This is not good for our health.

I have tried to make this Breakfast book in my Paleo series as simple as I could for you.

You can make a lot of these recipes ahead of time and have them in the fridge for on the go meals.

I also have some that you can throw in the oven on those lazy Saturday mornings.

This book contains my 20x10x10 method. 20 recipes, 10 ingredients or less and 10 minutes or less to put together.

A few of the recipes take more than 10 minutes to cook but not prepare. You may marinade something overnight, but that makes it that much easier to make the next day.

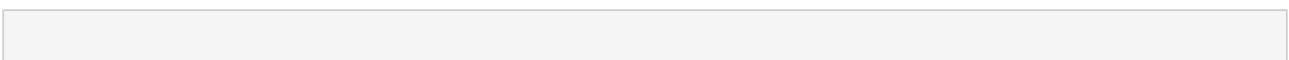
What I recommend is that you run your kitchen like a restaurant. Prep. whatever you can ahead of time. Have chopped veggies, blanched sweet potatoes and cooked meat in the fridge. Then you can throw a meal together in no time.

Remember to get The Do's, Don'ts and Why's of Paleo. It contains valuable information on how Paleo works and the eat and don't eat lists.

You have so much variety, the choices are endless. It also discusses digestion, cravings and so much more.

Get it here <http://lesleemathieson.com/paleo-dos-donts-whys/>

My hope is that you will radiate with beautiful health!



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