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Eat to Live Quick and Easy Cookbook: 131 Delicious Recipes

I am a devoted wife and mother of two, home chef, recipe developer, CrossFitter, and freelance writer. My family and I enjoy living a paleo lifestyle and our health and quality of life has never been better.

Paleo Table - Mexican Cauliflower Rice

Fluffy, beautifully seasoned Mexican Red Rice! With a whisper of coriander / cilantro fragrance and delicate tomato flavour, this Mexican staple is so tasty you can eat it plain. Never be disappointed by gluggy, mushy, bland Mexican Red Rice again! 2 years ago today, I was in Oaxaca, arguably the food capital of Mexico and an ideal place to watch the festivities of Day of the Dead, an annual ...

Mexican Red Rice | RecipeTin Eats

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The Ketogenic Cookbook in Costco! If you would have told me 10 years ago my life would be what it is now, I would have laughed and said, "don't tease a girl like that!" The Ketogenic Cookbook has changed all of that.

The Ketogenic Cookbook in Costco - Maria Mind Body Health

For these reasons, while I knew there was a restaurant called Chipotle in uptown Bloomington, Indiana (where I live), I had no clue it served fast food, or that it was part of a national chain, for that matter. I had, of course, assumed from the name that it served something Mexican or Tex-Mex, but other than that, it was just that restaurant next to the uptown thrift shop.

The Best Low Carb Fast Food Meal I've Ever Had: Chipotle

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and wine books, at Frankfurt Book Fair. They now include all Food Culture content.

Cookbooks Shortlist 2018 - cookbookfair.com

Easy Dairy Free Ketogenic Recipes. I am so proud to announce the pre-order of my latest cookbook Easy Dairy-Free Ketogenic Recipes!. This book is truly a labor of love! I have put so much effort into creating the most delicious recipes, meal plans and grocery lists to help you on the most delicious weight loss journey!

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