



25 Paleo Lunchbox Recipes: On-The-Go Recipes For a Busy Lifestyle

Karen Millbury

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About the Book Today's world is a busy place and eating on the go isn't always that easy, especially for those who follow the guidelines of a Paleolithic diet. This book will help anyone on the Paleo diet, who wants to take their lunch to work or has children's lunchbox's to prepare. In the next section, there's an introduction explaining the basics of the Paleo diet and the benefits it provides. This is followed by a collection of 25 recipes to make it easy to be on the go and Paleo.

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