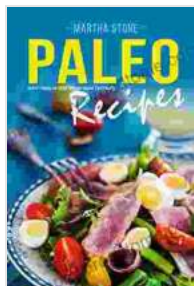


# Tasty Foods To Keep You On Track To Health

Eating healthy doesn't have to be boring. In fact, with the right recipes, it can be absolutely delicious. This cookbook is packed with over 100 easy-to-follow recipes that are both healthy and flavorful.



## Paleo Recipes: Tasty Foods to Keep You on Track to Health! by Martha Stone

★★★★☆ 4.5 out of 5

Language : English  
File size : 2784 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 73 pages  
Lending : Enabled



From breakfast to dinner, snacks to desserts, there's something for everyone in this book. So what are you waiting for? Start cooking today and enjoy the benefits of a healthy diet!

### Breakfast

- Oatmeal with berries and nuts
- Yogurt parfait with fruit and granola
- Scrambled eggs with whole-wheat toast
- Smoothie made with fruit, yogurt, and milk

- Whole-wheat pancakes with fruit syrup

## **Lunch**

- Salad with grilled chicken, quinoa, and vegetables
- Sandwich on whole-wheat bread with lean protein, vegetables, and cheese
- Soup and salad
- Leftovers from dinner
- Fruit and yogurt

## **Dinner**

- Grilled salmon with roasted vegetables
- Chicken stir-fry with brown rice
- Lentil soup
- Pasta with marinara sauce and vegetables
- Tacos with lean protein, vegetables, and whole-wheat tortillas

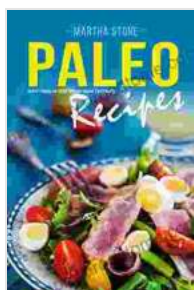
## **Snacks**

- Fruit
- Vegetables
- Yogurt
- Nuts
- Seeds

## Desserts

- Fruit salad
- Yogurt parfait
- Dark chocolate
- Trail mix
- Smoothie made with fruit, yogurt, and milk

So there you have it! Over 100 healthy and delicious recipes to help you stay on track to health. What are you waiting for? Start cooking today!



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