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Anna Conrad is the author of The Paleo Cookbook (3.72 avg rating, 61 ratings, 8 reviews, published 2014), The Paleo Bread Bible (3.32 avg rating, 25 rati...

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About the Paleo Breakfast Bible Program. Bacon and eggs. Need I say more? Paleo Breakfast Bible is a program infused with delicious breakfast recipes that use fresh, natural ingredients. In fact, you get 101 insanely scrumptious recipes that will actually give you the energy and nutrients you need to get through the day.

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### **Anna Conrad (Author of The Paleo Cookbook)**

If dinner has no dessert, is it really a meal? Hell no! But when you're following a Paleo diet, it can feel like there's a real lack of dessert options. Don't stress, sweet fiends, we've ...

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We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more.

### **The Paleo Comfort Food Bible: More Than 100 Grain-Free ...**

The Paleo Dessert Bible By now we all know that the paleo diet yields amazing results for weight loss and overall well-being. But even the most health-conscious among us want to treat ourselves once in a while to something sweet and indulgent. What if we could indulge without cheating on the diet?

### **The Paleo Dessert Bible: More Than 100 Delicious Recipes ...**

She founded her catering business, Chef Anna, in 2010 and Ideal Mealz, a service designed to help home cooks prepare healthy meals affordably and efficiently, in 2011. She is the author of The Paleo Cookbook, The Paleo Dessert Bible, and The Paleo Bread Bible. She lives in Chattanooga, Tennessee.

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