

# Download The Healing Kitchen 175 Quick Easy Paleo Recipes To Help You Thrive

The Healing Kitchen: 175+ Quick & Easy Paleo Recipes to Help You Thrive [Alaena Haber MS OTR, Sarah Ballantyne PhD] on Amazon.com. \*FREE\* shipping on qualifying offers. Achieving health through nutritious food choices has never been simpler nor more delicious thanks to The Healing Kitchen!  
  
Armed with more than 175 budget-friendly Achieving health through nutritious food choices has never been simpler nor more delicious thanks to The Healing Kitchen! Armed with more than 175 budget-friendly, quick and easy recipes made with everyday ingredients, you get to minimize time and effort preparing healthful foods without sacrificing flavor! The Healing Kitchen 175+ Quick & Easy Paleo Recipes to Help You Thrive. By Alaena Haber and Sarah Ballantyne. Achieving health through nutritious food choices has never been simpler nor more delicious thanks to The Healing Kitchen! The Healing Kitchen features over 175 mouthwatering recipes that make eating healthful foods easy enough to fit even into the busiest of lives, while being so tasty you'll likely forget you're on a special diet to begin with! Compliant with the Paleo autoimmune protocol, every meal is budget-conscious, requires a minimal time commitment, uses no special equipment, and needs no hard-to-find ingredients—yet, the whole family will love it!