



Top Rated Green Recipes: Paleo style: free of gluten, grains, dairy and refined sugars

Tina Cordain

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"I have three of Tina Cordain's Paleo recipe books and love them all. The recipes in this book where a great help increasing the greens in our diet with more variety in terms of both types of greens and tastes. Highly recommended." **Amy Harrison**

Top Rated Green Recipes

A few years ago I challenged myself to eat greens every.single.day. Well...almost every single day.

In this book I want to share my favorite green recipes with you.

All recipes suit the Paleo diet, being free from gluten, grains, soy, legumes, high omega 6 nuts/seeds (oils), additives and refined sugars. Only real whole healthy foods.

Green vegetables are one of the most nutrient dense and healthy foods around.

What makes them so healthy is that they are full of vitamins such as vitamin C, E and K, minerals such as iron, calcium and magnesium and phytonutrients such as chlorophyll, beta-carotene, lutein and zeaxanthin which act as anti oxidants in the body. They are low in calories and have a high water and fiber content.

Recipes you will find in the book include:

- Green juices
- Green smoothies
- Salads
- Soups
- Side dishes
- Snacks

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