



Paleo Snacks that Make the Paleo Diet Easier

Slade Hill

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Paleo Snacks! I believe Paleo snacks are one of the most important aspects of the Paleo lifestyle. Well, at least for me anyways. I have found myself more than once or twice wanting to grab something out of the vending machine or at the checkout counter that certainly wasn't Paleo. And I would venture to guess that most of us have.

You may have conquered Paleo dinners and lunches, maybe even breakfast, but what about the time between meals? I hope that my book, Paleo Snacks that Make the Paleo Diet Easier, will help. I have included 30 of my favorite Paleo snack recipes. I'll be the first to admit, some of the recipes are more delicious than healthy, but then again, this is a lifestyle not a diet so why not enjoy a tasty snack every once in a while.

I will offer a disclaimer, this is strictly a recipe book as I did not include pictures or a description of the Paleo lifestyle/why you should be doing it. The reason being is that I figured most people looking for Paleo snacks already know what I could tell them and it would just be added fluff that is easily found on the internet or in my other book, Paleo: Surviving the First 7 Days.

With that being said, I hope you enjoy Paleo Snacks that Make the Paleo Diet Easier!

Recipes Included:

- Amazing Apples
- Apple Pie Smoothie
- Banana Bread Trio
- Beastly Berry Bars
- Best Brownies
- Caveman Crackers
- Caveman Creamsicles
- Cherry Stix
- Chocolate Bomb Biscuits
- Crumbed Chicken Strips and BBQ Dipping Sauce
- Crunchy Beef Bites
- Dips 'n Chips
- Fantastic Fish Fingers
- Funky Fruit Sticks
- Green Smoothie
- Ham Wraps
- Marvelous Muffins
- Mouthwatering Meatball Medley
- Nutty Caramel Bites
- Omelet Muffins
- Paleo Popcorn
- Paleo Trail Mix
- Petit Primal Pizzas
- Pineapple Popsicles

- Pork and Apple Kebabs
- Porkito's
- Snack Bars
- Spears in Blankets with Poached Egg Dip
- Spicy Nuts
- Turkey Stackers

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Rosalie Cox:

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