



# Poznejte paleo superpotravy

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Odbornice na paleo dietu a holisticka nutricni poradkyne Heather Connell vas v teto knizce provede 50 nejdulezitejsimi paleo superpotravinami, pocinaje vhodnymi zdroji proteinu, tuky (jako je kokosovy olej), a dojde i na vyber ovoce a zeleniny, ktera se pro paleo nejlepe hodi. U kazde superpotravy najdete chutny recept, a muzete tak rovnou cerpat jeji lecivou silu. Tato kucharka se stane vasim zakladnim pruvodcem paleo dietou a pomuze vam, abyste si z ni mohli vybrat to nejlepsi.

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