



Leafy Green Vegetable recipes: Paleo style: free of gluten, grains, dairy and refined sugar

Sophia Harrison

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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 are 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. 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.

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