



# **Paleo Lunches and Breakfasts On the Go: The Solution to Gluten-Free Eating All Day Long with Delicious, Easy and Portable Primal Meals**

*Diana Rodgers*

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Lunch and breakfast are often the hardest meals to eat without busting your Paleo, gluten-free diet, especially when most recipes call for gluten, processed oils, sliced bread or sandwich buns.

Diana Rodgers, a nutritional therapist and Paleo community activist, solves the problem with *Paleo Lunches and Breakfasts On the Go*, containing 100 easy and delicious packable meals without bread. From lettuce-wrap sandwiches to egg muffins to creative uses for toothpicks and packaging, she takes the confusion out of how to make hand-friendly and fast Paleo meals. Recipes include her Chicken Salad with Fennel and Cranberries perfectly cradled by a leaf of romaine lettuce, the to-die for Cherry Tarragon Breakfast Sausages and even a Paleo-friendly Bubble and Squeak. These mouth-watering creations are perfect portable meals that are as healthy and easy to make as they are gourmet.

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