Paleo-content

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**Subject** – Your First Meal is Served!

Hey,

So you are ready to take the paleo path? I know what you might be thinking every time you open the refrigerator to make something to eat – ‘Is it paleo or not?’

It’s a common issue with most beginners largely because paleo diet is not about the food itself but more about the food is consumed. So, if you are planning to make yourself a super rich lasagna with that grass fed beef you brought, you might as well get yourself an upsized Mac meal.

But here’s some good news! Paleo food meal doesn’t have to be all boring and bland. As a matter of fact, it can be as delicious as you can imagine. And I know exactly how to make you believe that.

I have your first day’s meal all planned. Let’s check out what’s on your platter.

* **Breakfast** – Pumpkin Pecan Pancakes or Bacon and Beef Frittata
* **Lunch** – Grilled Chicken Satay with Paleo Egg Salad
* **Dinner** – Paleo Pork Chops or Italian Veal Chops

As delicious as they sound, the recipes are as simple and easy as it gets. So, if that menu made you drool, just visit my website and request the complete recipes.

Stay tuned for more newsletters for more tempting information about paleo diet and recipes.

Thank you