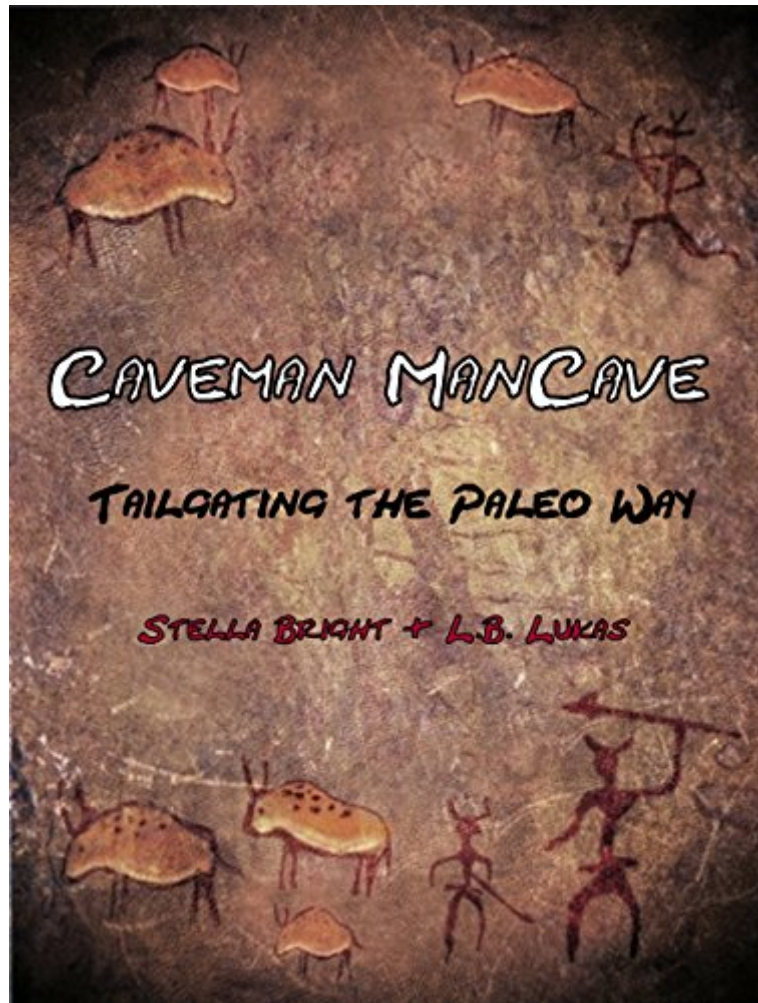


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# Caveman ManCave: Tailgating The Paleo Way



## Synopsis

Are you ready for some FOOTBALL! Are you looking for a healthier way to enjoy tailgating, football parties, or just a weekend spent at home watching Football? Do you want to cheer your team on without your waist expanding? Caveman ManCave by Pegan Central author L.B. Lukas and Vegan One Pot Author Stella Bright will show you a better way to eat this football season without loading on the salt, carbs, and calories. These recipes passed the taste tests of some of the pickiest eaters we know. In fact, most didn't know they were enjoying a Paleo tailgate! With just a few basic kitchen items and these books you can eat your way through the day without all of the guilt. Gentleman, grab this book and impress your friends. Ladies, grab this book and show your guy that Man Cave parties can be healthy as well.

## Book Information

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## Customer Reviews

I love eating the Paleo way so I'm always looking for new ideas. This fits the bill! I just hate when we go to a tailgate and my options are veggie tray or nothing. Here's the answer! It's small (only 20 recipes) but well worth it!

Great Job guy's ! I always seem to have trouble finding a good combination of fun food with quality food and this simple book does just that ! I will be able to reach for it often as the chills of fall and winter settle in and we spend more time inside watching our favorite shows, I think it will even work with hockey night in Canada ! What do you think? All the Best, good job.....RJG, Alberta, Canada

A lot of what look like VERY yummy recipes, and not just for the Caveman of your home!

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