



10-Minute Paleo Wraps: Delicious Paleo Wraps, Tortillas, and Burritos for Breakfast and Lunch

By Dana Summers

Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.The 10-Minute Paleo Wraps: Delicious Paleo Wraps, Tortillas and Burritos for Breakfast and Lunch provides easy, step-by-step recipes to form your very own grab-and-go snacks or meals-without busting your Paleo Diet guidelines! The tortillas-your base for all your yummy vegetable and meat fillings-are conjured up in a multitude of ways, depending on your taste buds. Opt for the egg white coconut flour tortilla-or perhaps the interesting and textured Veg-Stocked Spanish Parsnip, Spinach, and Kale Tortilla. Alternately, don t reach for a tortilla at all-grab a head of romaine or iceberg and begin peeling. What s better than a light and crunchy lettuce wrap-surrounding the mushy interior of sauteed onions and peppers and a bit of leftover steak?! 10-Minute Paleo Wraps: Delicious Paleo Tortillas, Burritos, and Wraps for Breakfast and Lunch understands you re in a hurry, as well. These recipes yield burritos and wraps in ten minutes or less: and they can utilize any sort of leftover meat and vegetables from the night before. Toss on a few rounds of Paleo-friendly Sriracha sauce for a bit of spice-or...



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