

FLAVOR GOD

THE BENEFITS OF A PALEO DIET


The Paleo diet is the healthiest way you can eat because it is the only nutritional approach that works with your genetics to help you stay lean, strong, and energetic! Research has shown that the modern diet today, full of refined foods, trans fats and sugar, is the root of degenerative diseases such as obesity, cancer, diabetes, heart disease, Parkinson's, Alzheimer's, depression and infertility. With that in mind, it is important to always know and understand what exactly it is you are putting into your body!

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Shrimp & Scallop SCAMPI

» This was so good! I used ghee butter to make the sauce and white wine. You can substitute the ghee(butter) for olive oil and you don't have to use wine.

PREP TIME: 10 minutes COOK TIME: 25 minutes (3 servings)

 NEEDED ITEMS

