



Paleo Happy Hour: The Paleo Approach to Small Plates, Appetizers, and Drinks with Friends

By Lucy Fast

Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 142 mm. Language: English . Brand New Book. In Paleo Happy Hour: The Paleo Approach to Small Plates, Appetizers, and Drinks with Friends, you re about to discover how to become the ultimate social butterfly without deviating from your commitment to health. That s right ladies and gents, you CAN enjoy a busy and satisfying social life - Paleo Style! Let s face it, nobody likes to be the wet blanket who always says no to social gatherings or even worse That Guy who stands at the party acting as a conveyor belt for everyone else s snacks without ever sampling any themselves. At the end of a long, busy and stressful week, we all want to let our hair down a bit, have a meal out with friends and maybe even indulge in a libation or two, but when you decided to follow the Paleo way, you thought those days were gone for good. Well they don t have to be! I m here to show you that you can still enjoy nights out, parties, and yes, even the occasional drink (we ll explain that inside) without fear that..



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