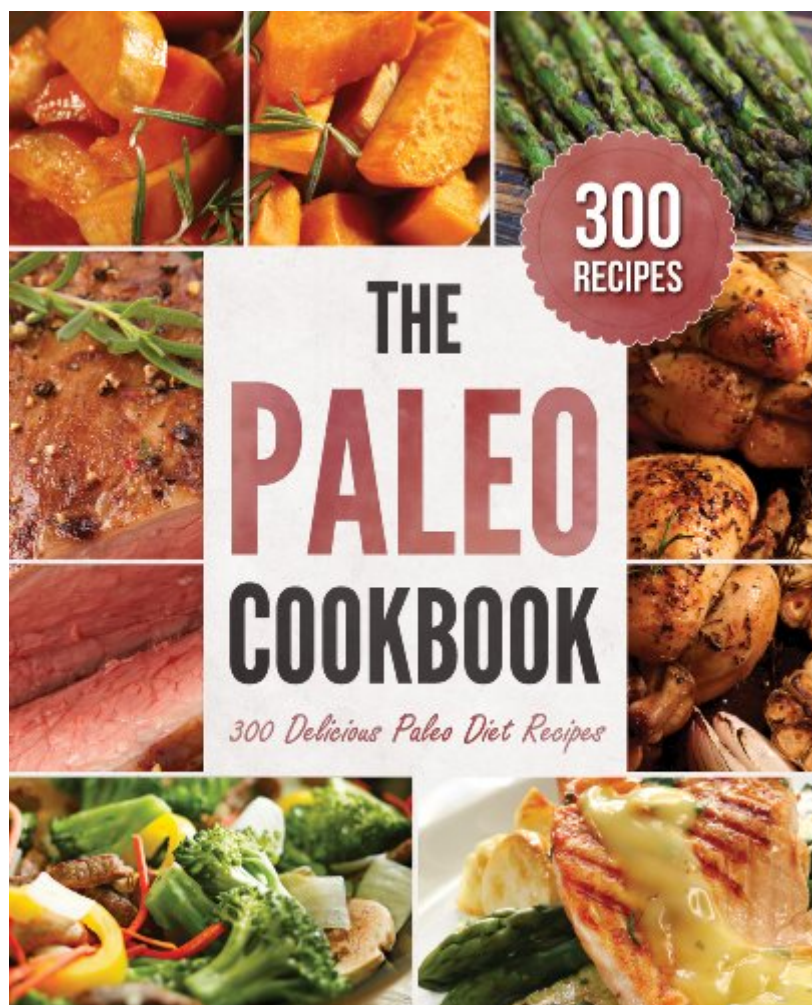


The book was found

The Paleo Cookbook: 300 Delicious Paleo Diet Recipes



Synopsis

The Paleo diet isn't a fad or another weight loss gimmick. It's the way humans were meant to eat. The Paleo Cookbook is a comprehensive collection of recipes from across the globe. Whether you're looking for Paleo-friendly breakfasts, dinners, desserts, or international favorites, you'll find dishes for every taste. The Paleo Cookbook is your guide to a new, healthier way of eating: 300 easy recipes for every meal plan including side dishes, snacks, and beverages. Both meat-eaters and vegetarians will find a wide array of choices. Enjoy international Paleo dishes such as Curried Shrimp, Chicken Cacciatore, Beef Stir-Fry, and Caveman Fajitas. All recipes are gluten-free and use the freshest meats, produce, and spices. Recipes include helpful cooking tips about Paleo-friendly ingredients. Transitioning to the Paleo lifestyle is the natural way to increased vitality, weight loss, and overall better health. With The Paleo Cookbook, you'll discover just how easy, delicious, and nutritious the Paleo diet can be.

Book Information

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Customer Reviews

There sure are a lot of cookbooks on the Paleo Diet. What is it exactly? This diet, first advocated in the 70s, is a throwback to ancient times. In particular, it refers to a pre-agricultural period in our history. Take the well-known Food Guide Pyramid, and turn it upside down! The Paleo Diet is high protein, but low carbs. Meat is a main component. Fruits and vegetables, though not all kinds, are also staples. Forbidden foods include: legumes, grains, processed foods, sugar, dairy, potatoes, pasta, and rice. This cookbook had 11 chapters with all kinds of recipes. The chapter on main dishes has over 100 recipes. Grain fed beef and nitrate free bacon are regular ingredients. Several recipes include eggs. Others feature wild game, such as venison and ostrich. But another chapter includes vegan recipes. The final chapter has desserts and beverages. Each recipe has easy instructions. Some may be more labor intensive than others. A few require the use of blenders, juicers, or slow cookers. There are some substitutes for forbidden items. Cauliflower stands in for mashed potatoes. Spaghetti squash and zucchini take the place of pasta. Almond and coconut are sources for flour, milk, and oil. Honey and occasionally molasses provide some sweetness. There's even a recipe for Sweet Potato Fries! How do Brussels Sprout Fries sound? These recipes would be ideal for anyone who can't have dairy or gluten. Most, but not all, ingredients are easily available. Some items will cost more than what most people normally buy. Contrary to the author's reassurances, many people will still miss those forbidden foods. Some sections could have used more clarification. A glossary would have been nice.

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