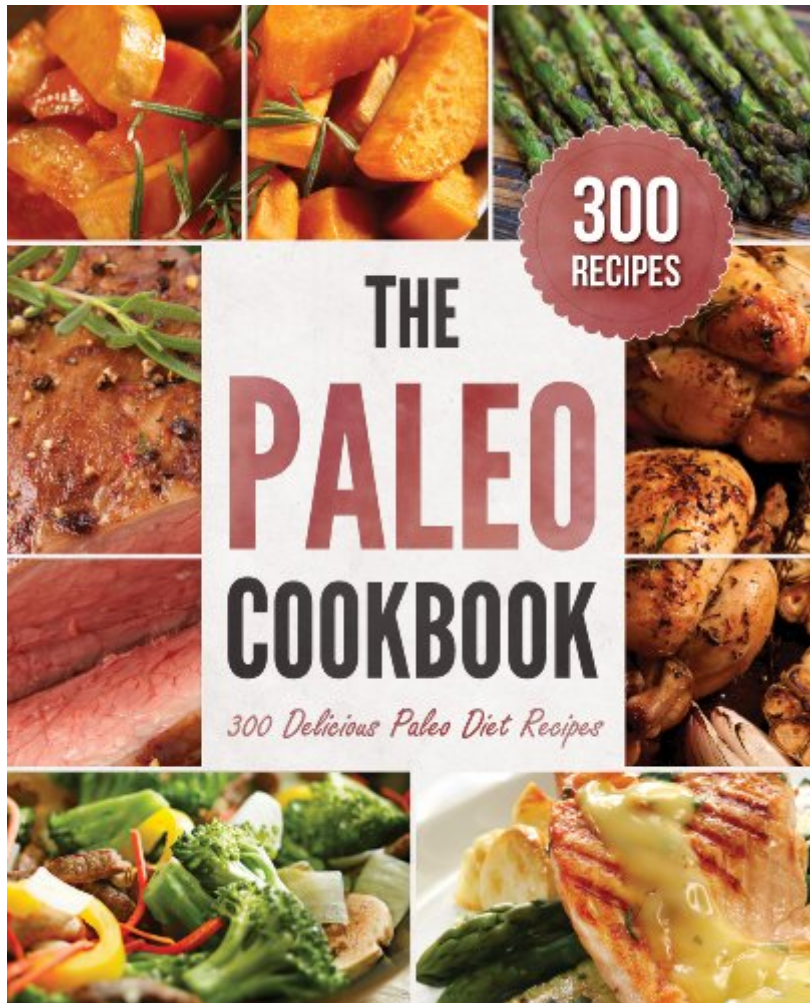


The book was found

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

File Size: 15002 KB

Print Length: 376 pages

Simultaneous Device Usage: Unlimited

Publisher: Rockridge Press (May 23, 2013)

Publication Date: May 23, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00CZ1CKBY

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #37,541 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #29 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Paleo #33 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Paleo #35 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Fat

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.

[Download to continue reading...](#)

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners (paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food)

Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Paleo Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Paleo Diet: Top Delicious Paleo Diet Recipes to Lose Weight, Boost Energy, Live Healthy, and Satisfy Your Hunger! (Beginners Cookbook Includes a 31 Day Paleo Diet Challenge - Best for Weight Loss) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy & Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet)

[Dmca](#)