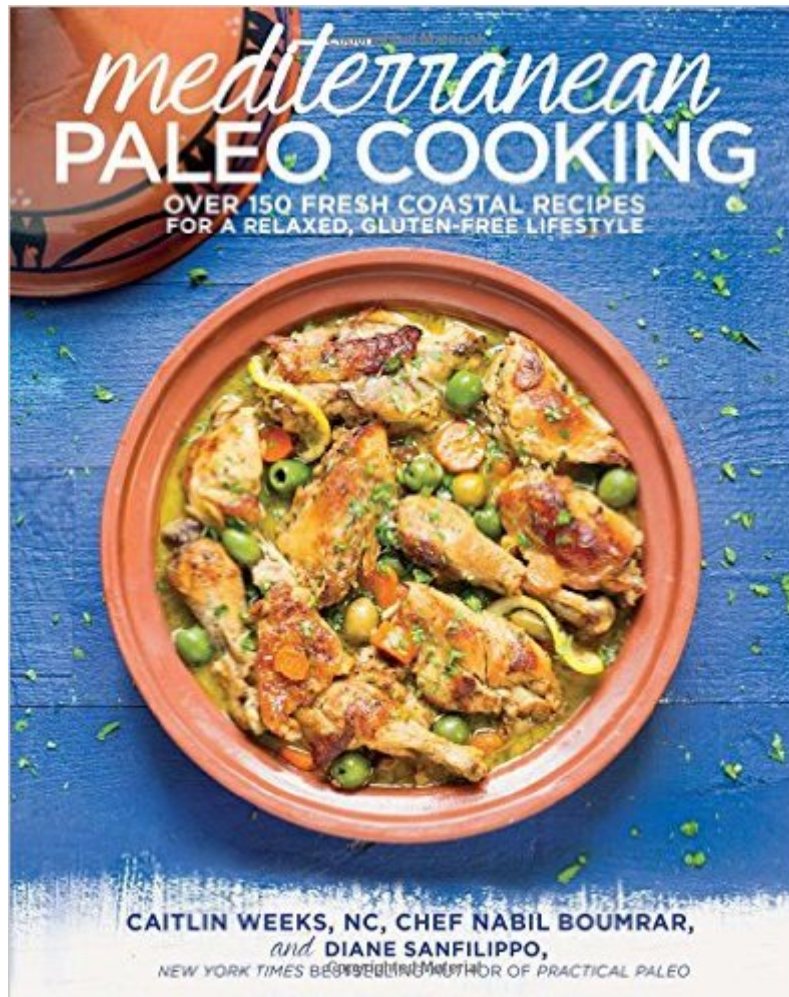


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Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes For A Relaxed, Gluten-Free Lifestyle



Synopsis

Many people assume that eating better—whether to lose weight, alleviate health problems, or simply improve how they feel—means eating low-fat, boring, and tasteless food. Professional chef Nabil Boumrar and Certified Nutrition Consultant Caitlin Weeks blow that myth out of the water with their vibrant and healthy coastal cuisine. *Mediterranean Paleo Cooking* showcases a wide variety of creative recipes that are Paleo-friendly—no gluten, grains, inflammatory oils, dairy, or refined sweeteners. These flavorful dishes combine traditional food from southern Europe, North Africa, and the Middle East with the healthful principles of a Paleo diet. With over 150 recipes, two 30-day meal plans (one for general health and one for those following an autoimmune protocol), shopping lists, cooking tips, and more, *Mediterranean Paleo Cooking* helps readers become better cooks and more informed eaters. But more importantly, it turns healthy eating into delicious eating with enticing Mediterranean meals that every foodie will enjoy. Over 150 Paleo-friendly recipes inspired by the relaxed coastal attitude and ingredients of the Mediterranean - all gluten-free, grain-free, refined sugar-free, and dairy-free. Chef's tips from Nabil help you learn as you go, with advice on cooking and techniques for Mediterranean ingredients Nutritionist's tips from Caitlin to educate you on the health benefits of Mediterranean foods Familiar, comfort-food favorites are modified for a Paleo lifestyle, including pizza, pasta, rice, biscuits, and brownies Mediterranean recipe favorites, recreated including: falafel, pita bread, moussaka, hummus, and biscotti cookies. Recipe/ingredient notes and swaps for those who have food allergies (including to eggs and nuts) as well as for those following a low FODMAP diet, lower carbohydrate diet, SCD or GAPS diet, or the autoimmune protocol Two 30-day meal plans to help you jump-start your Paleo lifestyle: for general health or to follow an autoimmune protocol six different menu plans perfect for a weeknight dinner party or special occasion (including one that is 100% AIP compliant or is easily modified to be so with notes on the recipes) 18 guilt-free desserts with no refined sugar Shopping lists and an optimal food buying guide make it easy to find the right ingredients

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Customer Reviews

The husband and wife team of Nabil Boumrar and Caitlin Weeks, along with Dianne Sanfilippo have created a masterpiece in the stunningly beautiful Mediterranean Paleo Cooking. Loaded with color photos, how-to steps and tips plus over 150 fresh coastal recipes, this book will have your family asking for more. The Mediterranean diet was all the rage just a few short years ago, and many health experts tout its benefits. Combine that with the added benefits of eating a grain-free, whole foods ancestral diet and you have a winning combination. I began reading the acknowledgments and the intro and was soon riveted to the story of how a young chef from Algiers and a nutritionist/fitness coach from Nashville met and married. Even more interesting is the story of how they embraced their interest in ancestral nutrition with Nabil's homeland cuisine. Mediterranean Paleo Cooking takes one on an historic and culinary adventure of the countries that border the Mediterranean Sea. Following the brief history of Mediterranean cuisine are some health steps practiced by Mediterranean peoples and from which we all can benefit. To name a few: living a slower-paced life, eating seasonally, strong family connections, less reliance on technology and nose-to-tail eating (meaning, eat the entire animal). There's more information on the Paleo diet, the fusion between Paleo and Mediterranean recipes and foods, a primer on how to stock your own Paleo Mediterranean kitchen, how to use the book and meal plans. The recipes are categorized into groups: Breakfast, Appetizers, Soups, Pizza and Pasta (yes!), Poultry, Red Meat, Seafood, Odd Bits (think offal), Vegetable Sides, Desserts and The basics (those wonderful seasonings and dipping sauces).

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