

Paleo Diet Recipes

Michelle Tam, Henry Fong

The Big 15 Paleo Cookbook Megan Flynn Peterson, 2016-08-16 Keep paleo simple and scrumptious—150 recipes focused on 15 ingredients. You don't have to be on a paleo diet to enjoy the recipes in The Big 15 Paleo Cookbook—you just have to enjoy eating real, healthy food. Though if you do follow a paleo diet, you'll really enjoy this book. I love that all of the recipes contain whole ingredients and are easy to prepare, with variations to suit your taste buds. —Michelle Bianchetto, author of the blog Unshelled Going Paleo doesn't have to mean going crazy. Wasting time, energy, and money on expensive ingredients and difficult recipes is the last thing anyone needs when trying to adopt a new way of eating. But knowing how and where to start can be a challenge. In The Big 15 Paleo Cookbook, Megan Flynn Peterson shows you how to get everything you want in a healthy diet, and avoid everything you don't. Megan's journey into eating paleo started in 2011 after a year of unexpected weight gain, anxiety, and a slew of other issues that affected her overall well-being. The results of her new paleo diet were so transformative that she began helping others find their own liberation through following a paleo diet and lifestyle. Now, with The Big 15 Paleo Cookbook, Megan delivers fantastic, simple recipes that won't break the bank or take over your life. OVER 150 PALEO RECIPES are well rounded, easy, and delectable—many of which can be made in 30 minutes or less 10 MUST-MAKE RECIPES PER CHAPTER use one of the 15 foundational Paleo ingredients, along with a couple of variations to give you even more options ALLERGEN LABELS indicate which recipes are dairy-free, nut-free, and vegan LEARN-BY-DOING FUNDAMENTALS help you cultivate your own repertoire of fun Paleo recipes, rather than just learning a select few recipes Baked Eggs in Tomato Sauce * Prosciutto Wrapped Chicken Thighs * Burger Bowls * Báhn Mí Tacos * Fish Stew * Coconut Shrimp with Mango Sauce * Cauliflower Fried Rice * Sausage and Kale Soup * Crustless Broccoli Torte * Stuffed Squash * Beet-Noodle Salad * Curried Sweet Potatoes * and much more!

The Quick and Easy Paleo Cookbook Telamon Telamon Press, 2014 Easily add fresh Paleo meals into your daily life with The Quick & Easy Paleo Cookbook. The Paleo Diet is based on the natural diet of our ancestors. Made up of high-protein, low-carb, and unprocessed foods, the Paleo Diet does not have to be intimidating or expensive. The Quick & Easy Paleo Cookbook offers simple ways to incorporate Paleo-friendly meals into your routine using everyday, affordable ingredients from your local grocery store. The Quick & Easy Paleo Cookbook will make it easy to follow the Paleo Diet with fast and uncomplicated recipes perfect for the busy cook. With dozens of easy meals, you will find it simple to avoid processed foods and start incorporating flavorful, high-nutrient foods, such fruits, vegetables, nuts, and meats into a balanced and healthy diet. With easy-to-follow tips and directions, you can start following the Paleo Diet today to experience the life-changing benefits of Paleo—from natural weight loss, to the prevention of life-threatening ailments like heart disease and type 2 diabetes. The Quick & Easy Paleo Cookbook will give you all the tools you need to create fast Paleo meals with: More than 75 go-to Paleo recipes, including Fluffy Almond-Banana Pancakes, protein-packed Cobb Salad, savory Kale Chips, and sweet Berry Cobbler Handy meal planning and shopping tips to help you save time on the Paleo Diet A breakdown of the dos and don'ts to follow for a successful Paleo Diet A comprehensive list of Paleo-approved food substitutes to keep in your pantry The Quick & Easy Paleo Cookbook will help you start and stick to a successful Paleo Diet, so you can begin to lose weight and feel more energetic right away.

365 Days Of Paleo Recipes: A Complete Collection Of Paleo Diet Recipes Maria Moore, 2017-02-26 365 Best Paleo Diet Recipes In One Book! Includes 365 Paleo recipes for each day of the year. It is time to build the perfect Paleo diet plan and start seeing results. Want a healthier diet? Don't want to gorge on junk food and processed sugars? Well, this is the perfect Paleo cookbook for you. Maria Moore has crafted a power-packed solution for all of your Paleo needs and wants. Whether you are on the 30 day Paleo diet or looking for simple Paleo slow cooker recipes, this is the all-in-one solution for your requirements. Diets can be nerve-racking without a plan, but this read provides everything you need to know before starting. Paleo diet for beginners can be challenging, but it does not have to be. This Paleo cookbook is a one-stop solution to ensure healthy eating is straightforward for you and the family. All of your nutritional needs will be met in this read and you will adore the recipes being created. Stop restricting yourself with the foods being consumed. The Paleo diet is a powerful option that provides quality now and in the future. Getting on that Paleo diet meal plan is not going to be as difficult as one may assume. Go through these recipes and notice how simple it can be. Teaser Of What's Inside: • Lobster Salad • Cauliflower Popcorn • Taco Bites • Turkish Lamb & Eggplant Kebabs • Grilled Pork Lettuce Wraps • Salmon Wasabi Burgers • Bell peppers stuffed with Steak and Pastrami • Pulled Beef Shepherd's Pie • Beef and Broccoli Stir Fry This an all-encompassing read for those who wish to consider this lifestyle change. Once you understand the Paleo secret, you will never look back. Join Maria Moore on this journey and start eating right! Buy today and enjoy over 365 Paleo recipes!

The Paleo Cookbook Rockridge Press, 2013-05-24 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.

500 Paleo Recipes Dana Carpender,2012-12 Low-carb queen and bestselling author Dana Carpender shows how to stay the Paleo diet course deliciously with 500 easy-to-prepare recipes.

The Paleo Cookbook for Kids Salinas Press,2013-12-18 Make delicious, gluten-free recipes that kids will want to eat with The Paleo Cookbook for Kids. A Paleo diet made up of whole and unprocessed foods gives your kids the energy they need to succeed. Packed with nutritious fruits, vegetables, nuts, and meats, Paleo meals are a delicious and wholesome alternative to traditional lunches, and will keep your kids going throughout the day. The Paleo Cookbook for Kids gives you dozens of portable lunch recipes tailored to kids' palates. From Paleo Chicken Strips with dipping sauces, to colorful Kebabs, to Paleo Noodle Pizza, The Paleo Cookbook for Kids contains more than 80 kid-friendly recipes for all meals of the day with flavors, textures, colors, and crunch that kids will love. The Paleo Cookbook for Kids will make Paleo eating fun for kids with: More than 80 Recipes: Dozens of healthy and interactive meals, including crispy Plantain Chips, hearty Paleo Granola Bars, and delicious Zucchini Fries. Paleo Cookbook Food List: A comprehensive food list to inspire great menu ideas and invite kids to share in decisions about what to eat. A Paleo Pantry Guide: Enliven your pantry with new flavors. Plus, handy cook forward notes from the editors of The Paleo Cookbook for Kids will help you plan ahead for a busy family. Paleo Substitutes: Detailed information on how to trade unhealthy processed snacks for quick and easy Paleo substitutes. A 7-Day Paleo Cookbook Meal Plan: A week of simple, tasty Paleo lunches and snacks for your kids. The Paleo Cookbook for Kids will make it easy to create Paleo fare for healthy, strong, and happy kids.

Paleo Instant Pot Cookbook Vinsent Brian,2017-10-15 Get more out of Paleo Diet by making Paleo meals with Instant Pot! The Paleo diet will soon show you all its benefits: Your overall health will improve Your skin will glow You will be able to lose those extra pounds In this unique cookbook, we gathered the best Paleo dishes made in your instant pot! All these recipes you are about to discover are easy to make at home and they are full of great tastes and flavors! With The Paleo Instant Pot Cookbook you will: Discover 250 Paleo Recipe for Instant Pot Recipes for breakfast, dinner, lunch, snacks, desserts Save you time, money and energy: all recipes are easy to cook Improve your health: all recipes are healthy and well balanced Increase your happiness: happiness and food are highly connected For your convenience, each recipe includes prep time, cooking time, and list of ingredients. Get your copy now! We guarantee it's the best choice you'll ever make! You can start a new life today and transform into a new person!

Paleo Slow Cooker Recipes Daisy Williams,2014-07-04 Hunt. Gather. Slow Cook. Break out the slow cooker and start enjoying healthy meals without fussing and slaving over a hot stove. The Paleo Diet is the back-to-basics diet plan that is simple to follow because it is based on the food groups of natural and unprocessed foods that our ancestors ate all of the time. If you can hunt, fish or gather it, it's very likely included in the Paleo Diet plan. What you won't find is dairy, refined sugar, grains or heavily processed, prepared foods. Using a slow cooker to create the recipes in this book will save you time and dollars because slow cooking makes it easier to utilize less expensive cuts of meat. You'll basically be shopping around the perimeter of the supermarket, selecting lots of delicious fruits, vegetables, meats, poultry, nuts, and fish. You'll notice that weight management gets easier because you've eliminated the empty calories found in addictive, heavily processed foods that are not only damaging to your health, but to your wallet as well. o Delicious slow cooker breakfast recipes o 10 no-fuss slow cooker lunch or dinner recipes o Slow cooked desserts to naturally satisfy your sweet tooth As you start to experiment with these recipes you will quickly notice that you're not missing the dairy or grain products you thought were indispensable. Simple substitutions, such as using olive oil in place of butter or filling up on fiber-rich sweet potatoes instead of refined starches will leave you feeling satisfied and less likely to binge on empty-calorie snacks. Before long, it will become second nature to reach for fruit instead of a rich dessert when you hunger for something sweet. The delicious recipes in the Paleo Slow Cooker Recipes: The Best Paleo Diet for Your Slow Cooker will effortlessly tempt you away from the heavily processed foods currently dominating the modern family's menu.

Paleo Perfected America's Test Kitchen,2015-12-09 Smart New Strategies and Inventive Recipes for People Who Really Like to Eat Eating paleo doesn't have to be boring. Whether you're a strict paleo adherent or you just want to eat paleo from time to time, this collection of foolproof, practical, and innovative recipes is an invaluable resource. We've tackled the challenges of cooking paleo-friendly meals that taste great so that your time in the kitchen is guaranteed to be well spent. Packed with test kitchen expertise, this book not only contains 150 foolproof recipes but will also teach you how to bake with nut flours, how to make a pan sauce without butter or wine, and how to make paleo-friendly pantry staples like crackers, coconut yogurt, and even barbecue sauce. With recipes that taste this good, you won't even miss the sugar, dairy, or grains.

Well Fed 2 Melissa Joulwan,2013-10-22 Well Fed 2: More Paleo Recipes For People Who Love To Eat is the follow-up to the deliciously popular Well Fed — by “The Clothes Make The Girl” blogger Melissa Joulwan — and it's packed with even more internationally-inspired recipes, mouth-watering photos, and easy meal ideas. Well Fed 2 proves that the Paleo diet — too often defined by what you give up — is really about what you gain: good

health, a light heart, and memorable meals to share with the people you love.

Paleo Meal Prep Trina Walker,2021-01-12 By slow-cooking, we can extract all the goodness, flavor and nutrition from meat, bones, and cartilage meaning that we can get all the great stuff in concentrated form as broths and savory dishes. In this book will discover the benefit of: - Paleo breakfast recipes - Paleo lunch recipes - Paleo dinner recipes - Paleo snack recipes - Paleo dessert and smoothies recipes In this beginner's book you'll learn what paleo really is. You'll understand where paleo started, and the benefits it provides like weight loss, increased energy, the health benefits, and much more... then you'll quickly learn how to start eating paleo and enjoy it.

Mediterranean Paleo Cooking Caitlin Weeks, NC,2014-10-28 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 more than 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. More importantly, it turns healthy eating into delicious eating with enticing Mediterranean meals that every foodie will enjoy. This book includes • More than 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) • Eighteen guilt-free desserts with no refined sugar • Shopping lists and an optimal food buying guide make it easy to find the right ingredients

Nom Nom Paleo Michelle Tam, Henry Fong,2013-12-17 A New York Times cookbook best-seller. Nom Nom Paleo is a visual feast, crackling with humor and packed with stunningly photographed step-by-step recipes free of gluten, soy, and added sugar. Designed to inspire the whole family to chow down on healthy, home-cooked meals, this cookbook compiles over 100 foolproof paleo recipes that demonstrate how fun and flavorful cooking with wholesome ingredients can be. And did we mention the cartoons? Nom Nom Paleo kicks off with a fresh introduction to Paleo eating, taking readers on a guided tour of author Michelle Tam's real-food strategies for stocking the kitchen, saving time, and maximizing flavors while maintaining a Paleo lifestyle. Also, sprinkled throughout the book are enlightening features on feeding kids, packing nutritious lunches, boosting umami, and much more. The heart of this book are Michelle's award-winning primal Paleo recipes, 50 percent of which are brand-new --- even to diehard fans who own her bestselling iPad cookbook app. Readers can start by marrying their favorite ingredients with building blocks like Sriracha Mayonnaise, Louisiana Remoulade, and the infamous Magic Mushroom Powder. These basic recipes lay the foundation for many of the fabulous delights in the rest of the book including Eggplant Ricotta Stacks, Crab Louie, and Devils on Horseback. There's something for everyone in this cookbook, from small bites like Apple Chips and Kabalagala (Ugandan plantain fritters) to family-sized platters of Coconut Pineapple Rice and Siu Yoke (crispy roast pork belly). Crave exotic spices? You won't be able to resist the fragrant aromas of Fast Pho or Mulligatawny Soup. In the mood for down-home comforts? Make some Yankee Pot Roast or Chicken Nuggets drizzled with Lemon Honey Sauce. When a quick weeknight meal is in order, Nom Nom Paleo can show you how to make Crispy Smashed Chicken or Whole-Roasted Branzini in less than 30 minutes. And for a cold treat on a hot day, nothing beats Paleo-diet-friendly Mocha Popsicles or a two-minute Strawberry Banana Ice Cream. Eating healthy doesn't mean sacrificing flavor. This book gives you Paleo with personality, and will make you excited to play in the kitchen again.

30-Minute Paleo Meals Melissa Petitto,2014-07-15 DIVCavemen had all the time in the world to slave over a hot fire and cook their meals. You don't. As most of us know, getting a meal together can oftentimes be difficult - and making sure that it's healthy can be next to impossible. However, with the help of Melissa Petitto, personal chef to the stars, healthier and happier mealtimes are a breeze! 30 Minute Paleo Meals is filled with over one hundred quick and easy recipes that won't jeopardize your time or your health. Not to mention, they're also kind to your waistline. Petitto uses all-natural, gluten-and-GMO-free ingredients in her recipes and makes a point of crafting meals which include only the foods that were available in paleolithic times; all unprocessed, unmodified, and unbelievably good for you. Whether you are new to the Paleo lifestyle or you're already a modern caveman, this cookbook is likely to become one of your most trusted allies./div

The Paleo Diet Cookbook Loren Cordain, Nell Stephenson, Lorrie Cordain,2013-02-21 At last! The cookbook based on the bestselling The Paleo Diet Dr. Loren Cordain's The Paleo Diet has helped thousands of people lose weight, keep it off, and learn how to eat for good health by following the diet of our Paleolithic ancestors and eating the foods we were genetically designed to eat. Now this revolutionary cookbook gives you more than 150 satisfying

recipes packed with great flavors, variety, and nutrition to help you enjoy the benefits of eating the Paleo way every day. Based on the breakthrough diet book that has sold more than 100,000 copies to date Includes 150 simple, all-new recipes for delicious and Paleo-friendly breakfasts, brunches, lunches, dinners, snacks, and beverages Contains 2 weeks of meal plans and shopping and pantry tips Features 16 pages of Paleo color photographs Helps you lose weight and boost your health and energy by focusing on lean protein and non-starchy vegetables and fruits From bestselling author Dr. Loren Cordain, the world's leading expert on Paleolithic eating styles Put The Paleo Diet into action with The Paleo Diet Cookbook and eat your way to weight loss, weight control maintenance, increased energy, and lifelong health-while enjoying delicious meals you and your family will love.

24 Affordable Paleo Recipes Neil Winters,2015-05-11 From the Best Selling author, Neil Winters, comes 24 Affordable Paleo Recipes: Paleo Diet Recipes On A Budget Meals Under \$10!. This book will completely change your weight loss and cooking!Not only are the recipes amazing - but they are QUICK, EASY & HEALTHY!If you feel like you need to spice up your cooking...If you feel like your paleo diet might need a better variety..Or if you just enjoy cooking and want to try something new...THIS BOOK IS FOR YOU!This book provides you with budget-friendly recipes that will turn you into AN AMAZING cook in just days!It comes with the recipes, ingredients, and all the steps you need to know!Are you ready to spice up your cooking and become a master chef in your own kitchen? Then check out these paleo recipes, and start cooking like a master TODAY!Some of the recipes include: Crockpot Honey Garlic ChickenCuban BeefChicken ParmesanMeatloafPaleo chicken soupAsian Pork With MushroomsPaleo Cabbage RollsPaleo Egg CupsChicken PastaPumpkin Thai SoupCrockpot ChiliLemon Rice SoupApple Cranberry CompoteApple Cinnamon Steel OatsPumpkin Ginger SoupPrimal Fruit DipLime Chicken Kebabs With Mango SalsaGrilled Chicken CurryBaked Radish ChipsBaked Beet ChipsHam and Spaghetti AlfredoWatermelon and Cucumber SaladStrawberry and Spinach Salad With Balsamic VinaigretteColorful Cabbage Salad

Paleo Diet Recipes Paleo Cookbook,2017-09-21 LIMITED-TIME BONUS INCLUDED: RIGHT NOW, you can get full FREE access to this MEGA BUNDLE BONUS of 10 video articles about Health and Fitness, Plus Step-by-Step video tutorials to go with your 1st day of your 7 day meal plan to get you started (value \$97) EXTRA BONUS: You can get access to this extra bonus even if you decide not to purchase this book by going through the sample of the book, this powerful e-book will be of great value to you and will really help you along your way to a Paleo lifestyle THATS NOT ALL you will also receive FREE KINDLE BOOKS every month!! Are you sick of following diets that leave you feeling tired and deprived? Then listen up and get ready to change your life because what you are about to discover and learn is something millions of people around the world have intergrated into their lives and seen change their body before their very eyes... In this Amazon Bestseller book Paleo Diet Recipes Geoff Ramsay explains the key to weight loss, disease prevention, and overall health and how to implement it in your live. Geoff Ramsay will teach you how to take your results to a whole new level and get your body into super health state. Some Of The Benefits By Following This Book Rapid Weight Loss with No Exercises at All Unshakable Confidence Unstoppable Energy Younger Looking Skin Here Is A Preview Of What You'll Learn Learn The Foundational Truths To The Paleo Diet Benefits Of The Paleo Diet Secrets To Increasing Your Energy And Feeling Great 7 Day Meal Plan - Step-by-Step Video Tutorials To Get You Started How To Keep Off The Weight Long-Term Paleo Breakfast Recipes Paleo Meal Recipes Paleo Dessert Recipes Paleo Recipes For Kids And Much, Much More!? For a very limited time, you can grab this fantastic and super-simple guide Paleo Diet Recipes - for \$7.99. Regularly priced at \$16.99 ?PURCHASE THE PAPERBACK AND GET THE KINDLE VERSION FREE Review ***** In Love With The Paleo Peanut Butter Cookies I truly enjoyed reading this book as it gave me an amazing easy guide to follow! The recipes in it are just delicious - Gabriele martinelli Guarantee If for any reason you don't feel that this is for you, your money will be refunded in full! No questions asked. You can test drive this product for a full 30 days after your purchase TAKE ACTION now and get this Amazon bestseller for \$7.99 Scroll up click the orange Buy Now button on the right to order now

Paleo Instant Pot Cookbook Shon Brooks,2017-09-17 You can start a new life today and transform into a new person! You might be asking yourself how can we help you in this case. Well, the answer is so simple: you just have to start a Paleo diet! This wonderful and special diet will soon show you all its benefits: your overall health will improve, your skin will glow and you will be able to lose those extra pounds that bother you so much! A Paleo diet is easy to follow as long as you follow some simple rules. First of all, you have to forget about processed foods or artificial ingredients. You have to stop eating products that contain added sugars and salt. Also, you are not allowed to eat any dairy foods, vegetable oils, beans, legumes and alcohol. Instead, you can consume a lot of veggies, fruits, organic meats, seafood and fish, nuts and healthy oils. Now that you know what you are allowed to eat during a Paleo diet, it's time to discover some wonderful Paleo recipes! It's a unique cookbook that presents to you the best Paleo dishes made in your instant pot! All these recipes you are about to discover are easy to make at home and they are full of great tastes and flavors! We collected recipes for both fish and meat lovers Recipes for breakfast, dinner, sides, snacks, and desserts Prep time, cooking time, list of ingredients accompanies each recipe You will enrich your daily life with tasty and nice-looking dishes Recipes apply to any level of experience Healthy and well balanced food every day Get your copy now! We guarantee it's the best choice you'll ever make!

Paleo Meal Prep Olivia Rogers,2019-07-23 Diet Is MOST Important For Weight Loss & Now It's Time to LOSE Those Extra Pounds The EASY Way - Paleo Meal Prep!What if you started dropping those extra pounds easily, by eating healthier on a paleo diet?Imagine how great it would feel to finally

get your dream body, lose weight, and feel healthy all the time! Multi-time best selling cooking author and influencer, Olivia Rogers, shares with you the most powerful and proven way to succeed on a diet, lose weight, and improve your health - paleo meal prep! With millions of her fans and readers worldwide enjoying her cookbooks and recipes, Olivia has put together the tastiest paleo meal prep recipes that will have you shedding weight quicker than ever before (without feeling like you're even on a diet). You will have enough here for a total of 28 days of prepped meals! Do you hate trying so hard to lose weight and eating healthy only to find yourself seeing NO results?Do you wish you had an easier way to stick on your diet so you can finally achieve your dream body?Or if the idea of getting a proven list of paleo meal prep recipes that just WORK, and help you lose weight quickly, sounds good to you... THEN THIS BOOK IS FOR YOU! In this book, you will get: Images included with all of the recipes, so you can see exactly what the final meal looks like before you cook it! A massive list of paleo meal prep recipes (28 DAYS!) that taste great and won't keep you in the kitchen for hours. A comprehensive step-by-step method, so that anyone can follow along and cook each recipe (even if they are a complete beginner). Olivia's personal email address for unlimited customer support if you have any questions And much, much more... Well, what are you waiting for? Grab your copy today by clicking the BUY NOW button at the top of this page!

Primal Cuisine Pauli Halstead,2012-11-16 Nourishing and innovative paleo recipes to delight your family, impress your guests, and inspire your culinary talents while improving your health • Includes more than 150 primal recipes, with more than 20 options for every meal of the day, including snacks and dessert • Offers step-by-step advice to eliminate unhealthy carbohydrates and optimize daily protein and healthful fat intake • Each recipe is free of grains, gluten, sugar, chemicals, antibiotics, and hormones • Companion cookbook to Primal Body, Primal Mind (29,000 sold since June 2011) Improve your health, boost your energy levels, increase your brain power, live longer, and even save money on your grocery bills with 150 budget-conscious paleo diet recipes from gourmet chef Pauli Halstead. These easy-to-follow recipes provide more than 20 choices for every meal of the day--even desserts and snacks--and all are free of grains, gluten, sugar, chemicals, antibiotics, and hormones. More than just a cookbook, Primal Cuisine also explains the dietary theory behind the primal lifestyle. Chef Pauli’s step-by-step advice to eliminate unhealthy carbohydrates and optimize protein and healthful fat intake demonstrates how the foods of our ancestors--such as wild-caught fish, grass-fed meats, and organic vegetables, nuts, seeds, and berries--are still the best choice when it comes to improving your physical and mental health. From Mardi Gras Crab Cakes with Creole Remoulade to Beef Carpaccio Salad, from comfort foods like Sunday Roast Chicken with Herb Butter to completely sugar-free desserts like Lemon Cheesecake with Berries, this companion to the bestselling Primal Body, Primal Mind opens the door to a sustainable primal lifestyle of health, energy, mental focus, and long life using innovative recipes to delight your family, impress your guests, and inspire your culinary talents.

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