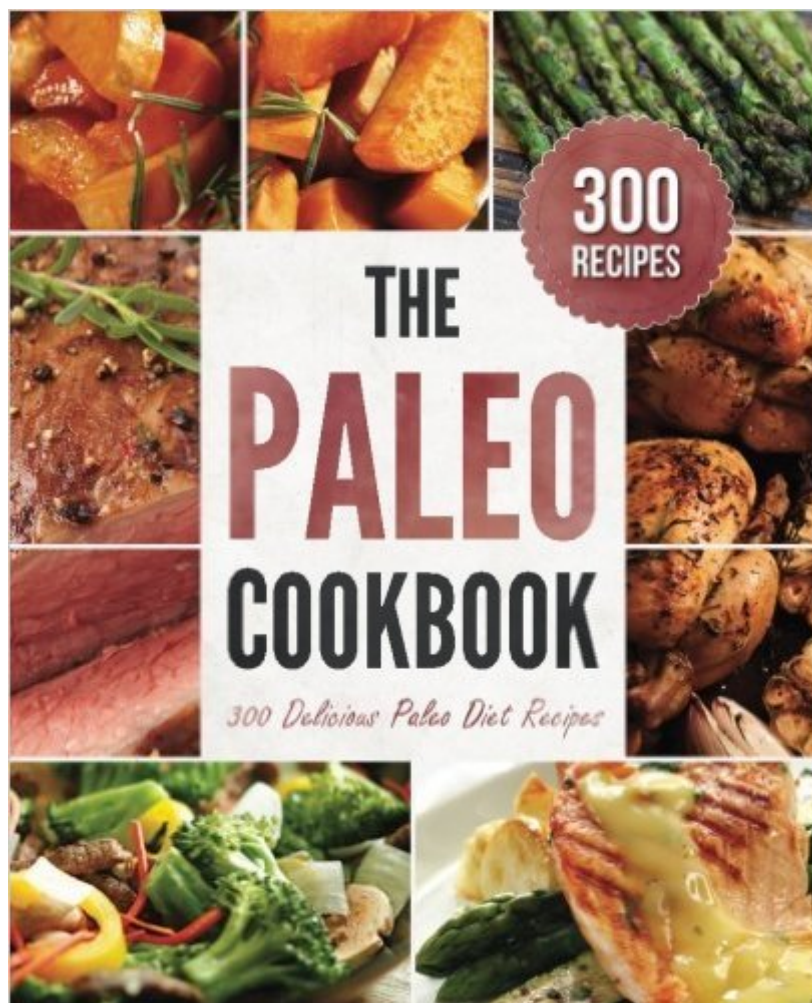


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# Paleo Cookbook: 300 Delicious Paleo Diet Recipes



## Synopsis

From the Publisher of *New York Times* Bestsellers *Paleo Slow Cooker* and *Paleo for Every Day*

Simply put, the Paleo diet is the diet that humans were intended to eat. The *Paleo Cookbook* will make it easy to start your Paleo journey. Low carb, high protein, and full of wholesome, natural foods, the Paleo diet has gained rapid popularity for those who truly savor good cooking, but no longer want to be weighed down by processed or unhealthy food.

THE PALEO COOKBOOK simplifies the transition into the Paleo lifestyle. This comprehensive Paleo cookbook has 300 mouthwatering recipes for every meal and occasion, all gluten free and full of whole, unprocessed ingredients. The *Paleo Cookbook* will make it easier to start feeling better and get fit with:

- 300 recipes for every meal plan from The *Paleo Cookbook*
- Comfort foods to please the entire family, like Paleo Lasagna or Caveman Chicken Nuggets
- Paleo Cookbook versions of your favorite international dishes such as Teriyaki Beef, Chicken Cacciatore, and Caveman Fajitas
- Dozens of vegetarian options for non meat-eaters
- Amazing Paleo Cookbook desserts such as Chocolate Cake, and Paleo Chocolate Chip Cookies

With The *Paleo Cookbook* you'll finally be able to create Paleo meals that are delicious for the whole family!

## Book Information

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## Customer Reviews

Prior to reading *The Paleo Cookbook*, I anticipated an outlandish diet theory involving periods of pure gluttony followed by lengthy stretches of starvation (which is actually the "Caveman Diet" a few of my friends have painfully endured). I was pleasantly surprised to discover through *The Paleo Cookbook*: 300, that the Paleo Diet is actually a reasonable, healthy, and easily manageable diet

based in science. This book provides great structure by which readers can easily transition into the diet without drastically changing normal eating habits. In addition to a helpful forward explaining the scientific theory behind the Paleo Diet, and general guidelines in following the diet, this cookbook features a wide array of easy-to-follow recipes for every meal. The cookbook features ideas for main dishes, desserts, snacks, beverages, and even dressings and sauces. Comprehensive and explanatory, I highly suggest this book as a great starter kit to embarking on the Paleo Diet.

These are really delicious, really easy recipes. I do not adhere to a strict Paleo diet. But I found these recipes to be appropriate for just about anyone.

I had some friends who were talking about the Paleo diet. I did some research and I decided I wanted to try it out. It's a high protein, low carbohydrate diet. It also allows very little sweets. This kind of diet would be good for me because diabetes runs in my family. While learning about the diet I saw that they had cookbooks for the diet. I picked this one because it had a large variety of recipes and I thought it would be good for me. I have to say I wasn't disappointed. The recipes are short, simple, and easy to follow. I could have avoided my internet research because in the cookbook it tells you about the diet.

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. Several recipes mentioned emulsified. Please explain that for those of us who don't cook much. It has to do with blending items that don't normally blend. It was sometimes confusing as to which items were forbidden. I thought carrots were on that list. Yet several recipes have them. There are recipes for homemade mayonnaise and barbecue sauce. Why not offer one for ketchup? While it's on the forbidden list, one recipe included some. Several feature tomatoes. One chapter features some regional and international recipes. Being from Louisiana, I've often seen many of our dishes get misinterpreted. The recipe for gumbo may be another example. Not all Louisiana cooks use tomatoes. Do any use molasses or cilantro? Another recipe tries to duplicate a crawfish boil, but substituting shrimp. But those boils usually include potatoes! At least they didn't say crayfish. Kindle readers may find the format confusing. The ingredients appear in 2 vertical columns. Some don't appear on the same page. It's necessary to use small print to read everything. The right column gets cut off with larger print. A few words did run together. Note: the few photos included precede their recipes. Most people should find some recipes they'd like to try. But the actual Paleo Diet may not appeal to many. It might remind them too much of the low carb craze. Even the name could be offensive to those who don't believe in evolution. I also wonder about the cholesterol levels of those who follow this diet closely. Ironically, oatmeal's on the forbidden list. This cookbook will be good for those who want healthy but different recipes.

Okay so I had high expectations for this book since there were so many positive reviews. For starters, the only color picture is on the cover. While there are pictures throughout the book, they are all black and white. This fails to make the dishes look appealing in my opinion. Also the author takes a few pages to describe the Paleo lifestyle, listing foods that are omitted and acceptable ones. However, they state that root vegetables such as carrots and sweet potatoes are not allowed since they were not readily available to the Paleo people but as I skimmed through the recipes, I saw a few calling for mirepoix (carrots celery and onion) and sweet potatoe fries. I don't like how the author contradicts themselves this way. I also never heard of a Paleo diet allowing maple syrup but this one has several recipes that call for pure maple syrup. All in all, I wish I would have purchased a cookbook with a more thorough consensus of what the Paleo diet actually is.

This is the worst cook book I have ever bought. Every recipe I have tried so far has had errors. It will

either give a list of ingredients and then fail to tell you what to do with one of them or like the one i am cooking right now...it tells you to roast the chicken at 475 for 25 minutes and then reduce the temperature and continue to cook 45 minutes.....ummmm what temp should a person reduce it to? Good thing I consider myself a good cook and know what a whole chicken bakes nicely at. But for some people this could be really frustrating and it is for me when I am in a hurry to make a meal for my family. Buyer beware. Im sure there are better Paleo cookbooks out there.

I am very unimpressed with this book. The recipes looked good but the book itself is a black and white zerox copy. No color inside the book as the cover would suggest. Hard to tell how your recipe measures up to a black and white photo. Keep looking.

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