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Primal Cravings: Your Favorite Foods Made Paleo

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Synopsis

A well seasoned steak, eggs, dark chocolate, and apples can really hit the spot. But sometimes, we could really go for Chili Pie, Benedict Deviled Eggs, Thin Mint Cookies, and Apple Pie. Even the most disciplined and willful among us can become bored and wayward on a routine of bland, repetitive meals. Humans naturally crave delicious food, interesting cuisine and variety. Â Primal Cravings sets out to provide the best of both worlds â “ the food to satiate our deep seated, visceral urges made with ingredients that satisfy our ancient, genetic needs for good health. This cookbook contains 125 Primal/Paleo recipes, and also includes bonus features that detail the authorsâ ™ thoughts of the tenets of a Primal/Paleo diet and the mentality of a flexible, healthy eating lifestyle to show you how vibrant health can be found without sacrificing great taste. Â Based in South Carolina, authors Brandon and Megan Keatley created Primal Cravings on the momentum of their popular Health-Bent.com website â “ a treasure trove of Primal/Paleo recipes, workout tips and motivational messages. These kitchen whizzes and expert-level fitness coaches present Primal Cravings after several years of research, experimentation and perfecting recipes in their home kitchen. Primal Cravings presents the recipes in a simple, clear, easy-to-navigate format, and offers a detailed macronutrient analysis of each preparation. Knowing time is the most valuable resource, they also provide primers on ingredients, tools, and stocking your kitchen, and offer menu suggestions for a variety of occasions and considerations (quick, budget, feeding a crowd). Â With Primal Cravings, you can enjoy assorted breakfasts, meat and main dishes, sides and salads, snacks, sweets and basics like bread, sauces, and dressings that adhere to Primal/Paleo guidelines. Inside youâ ™ll find 100% low-sugar, grain-free, gluten-free, industrial oil-free recipes all accompanied by full color photos. Pioneering new gluten/grain free baking techniques for Primal Cravings, the Keatleys show you how to make the best Primal treats youâ ™ve ever had. If youâ ™ve been missing or looking for healthy, innovative ways to make things from All-American fare like breakfast egg dishes, waffles and pancakes, muffins, burgers, chili, pizza, chips, baked goods (cakes, pies, cookies, crackers, brownies) and frozen desserts to global cuisine like gyros, spanakopita, moo shu, barbacoa, tacos, tikka masala and other favorites â “ then this is the book for you.

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Customer Reviews

Seriously. I have quite a few paleo/primal cookbooks. I like most of them and find recipes in all that are good...aaannnd, some not-so-good. Primal Cravings is the first cookbook that I've LOVED every recipe I've tried. And let's see, that's 13 recipes. So far. I've followed the Health Bent blog for about a year and have tried many of Megan and Brandon's recipes. Not only were they good for Primal recipes, they were GOOD, period. I was hoping their cookbook would be the same and boy was I not disappointed! And for those of you thinking they are the same recipes as on their blog...definitely not. There are a few repeats but by far the majority of the recipes are brand new.Not only is Primal Cravings a beautiful book to look at, with gorgeous photos of food and just a well-made and thought out design of a book, the information contained in it is invaluable. Sources to get specific foods, why they don't include nut flours (thank you!) and why to eat this way. It's simple and concise and easy to understand.But the recipes. Oh the recipes! They are the reason to get this book. As I sit here typing this I am munching on Sloppy Joe Meatballs (the second time I've made them) and wow, they are delicious. Meaty and just a little bit sweet, with a great tomato tang. This past weekend I made the Cuban burgers (complete with plantain 'buns') and Best Ever Pulled Pork (and ya know what? It is the best ever!). I've made the Gyro Taco Salad with Tzatziki guacamole, the Thai Chicken Meatballs, the Curry Turkey Burgers with Mango Slow. And more. Salads and sides? They're in there too...and so, so good. Snacks and desserts too. It's just a different spin on Primal Cooking and one that I will be definitely add to my cooking rotation. My non-primal husband and son both have also loved everything I've put in front of them...and that's saying A LOT.Definitely do yourself a huge favor and get this book. You will be so glad you did! And did I mention the Pumpkin Chili? Holy Smokes! Try it (it's on their blog and thank goodness it's in the cookbook too because my printed copy was getting pretty worn down).(edited to add that my version is the Hardcover, not the Kindle version as is stated above) Get the hardcover! As much as I love my Kindle, cookbooks are just

plain hard to read on a Kindle)

I have been paleo for almost two years now and when I decided to make the switch, I bought all the cookbooks that were on the market at the time. They've given me so many awesome meals and ideas over the years that I kind of got hooked on them. Each time a new book comes out, I buy it. I've got a pretty massive stack now!When I originally saw this book, I almost didn't buy it. The word 'cravings' threw me. I have spent the last two years getting rid of my cravings...not feeding them...why would I want a book that would change that? Plus, what could this book possibly have that my huge stack on my counter doesn't? Then I saw the recipe for the gyro inspired salad on Mark's Daily Apple and thought that I'd give it a shot.What a wonderful surprise!! Not only is the book hardcover and absolutely gorgeous (somehow, I was expecting it to be paperback), but on my first flip-through, I saw at least 10 non-desert recipes that I wanted to try. That means 10 recipes totally different than I've been making for the last 2 years! I've now made 12 - 15 things from the book and all of them have been delicious. And the baked goods sans almond flour? Again, I was shocked. I have steered clear of most recipes containing coconut flour because with a lot of coconut flour, they don't agree with me (and they taste weird) but the ones in this book are fabulous. I started with the gingerbread muffins and I had to put half in the freezer so that my husband and I wouldn't gobble them all up in one sitting! (they freeze beautifully, by the way) I've been searching for a good waffle recipe since I went paleo and the strawberry ones in this book are heads and tails above anything else we've tried. The salads are wonderful too! I'm already craving that gyro salad again and we just had it last week.Seriously - if you buy only two paleo cookbooks ever...this one HAS to be one of them. It ranks as high in my esteem as 'Well Fed' and that's mighty high praise indeed. Trust me.

First off, this cookbook is so pretty. The pictures, the illustrations and even the texture of the paper is beautiful. I appreciate the attention to detail. It's also very well organized by categories. The table of contents in each section makes it easy and quick to find what you're looking for. This seems like common sense, but I have a few paleo cookbooks that are horribly organized and such a pain to navigate so I was really pleased with Primal Cravings in this aspect.Second, the recipes are delicious. I've made at least a dozen recipes so far and everything has been delicious. There is no almond flour used for any of the baking which is really nice as I try to stay away from so much nut flour in my cooking. Their new baking method, which I haven't seen anywhere else creates amazing pastries, biscuits, empanadas, bread & pizza crust that you will not believe is paleo once you taste

it! I had stopped make paleo pizza completely because all the methods create a soggy crust with a heavy nut flavor. Not anymore. This one bakes up crispy and with no mealy textures or flavors from nut flours.In addition to all the tasty baked goods, there are great breakfast recipes for on the go and delicious, easy to make entrees for dinner. They also have some great charts for easy lunch ideas. This book is really well rounded and makes a great addition to a paleo kitchen. You will not regret buying it!

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