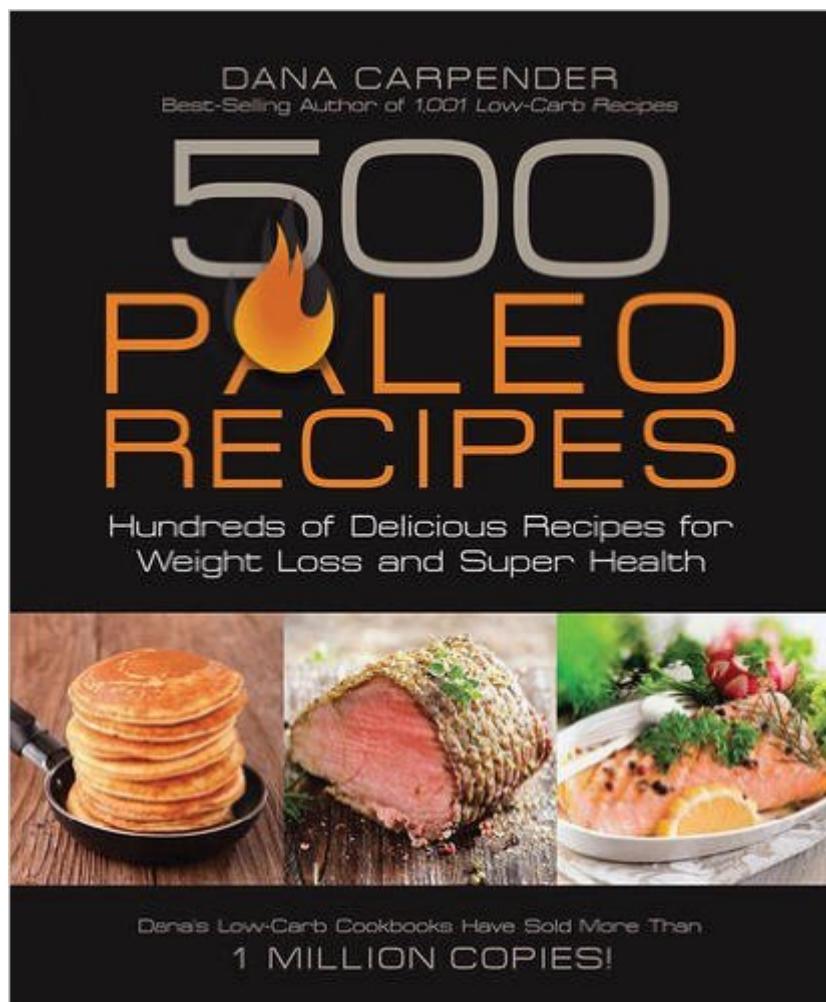


The book was found

500 Paleo Recipes: Hundreds Of Delicious Recipes For Weight Loss And Super Health



Synopsis

At last, here is a comprehensive cookbook to the hottest eating plan around! The Paleo diet, "known in some circles as the 'Caveman Diet,'" is an eating plan based on evolutionary biology and backed up by medical research. Unlike other diets which can incorporate fake, processed foods and artificial sweeteners, the Paleo diet is based on what our ancestors ate: meats and fish, nuts and seeds, and naturally grown fruits and vegetables. Low-carb queen and bestselling author Dana Carpender shows how to stay the Paleo diet course deliciously with 500 easy-to-prepare recipes for everything Paleo from appetizers, to main dishes, to desserts.

Book Information

Paperback: 336 pages

Publisher: Fair Winds Press; 1 edition (December 1, 2012)

Language: English

ISBN-10: 1592335322

ISBN-13: 978-1592335329

Product Dimensions: 7.8 x 0.9 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars (See all reviews) (239 customer reviews)

Best Sellers Rank: #56,273 in Books (See Top 100 in Books) #72 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #152 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods #153 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate

Customer Reviews

The doctor put my husband on a modified paleo diet, six months ago, to help him get his blood sugar under control. In his case, it means no grain and no white potatoes; he isn't tied to restrictions on beans or dairy. Nonetheless "no grain" means it's difficult for him (and thus me!) to figure out what to cook for dinner. So I've been going through a lot of paleo cookbooks at the library. A few of them were good, but it didn't take us two days before we declared, "This is the one we want to own." That's because this isn't just a good cookbook for those who must do without, full of "well if you can't have the REAL thing here's a substitute that doesn't suck much." 500 Paleo Recipes is a damned fine cookbook for anyone who wants to make something yummy for dinner. Or for breakfast. Or dessert. For example, I made her saute of pork with apples and onion for dinner, a simple-to-throw-together dish that was fine for a weekday night. Venison chili (with red wine, beef

broth, chile in adobe, and 1/2 ounce of bitter chocolate) was outstanding -- just the sort of dish you want as leftovers, too. Nobody would know that's "paleo;" they only would want to know if they can have seconds. However, the cookbook also does a good job for the dishes that were making my husband sigh in discontent. Some foods just demand to be served over mashed potatoes, for instance. As I saw in other paleo cookbooks, "Fauxtatoes" uses fresh cauliflower (others use frozen, which honestly is more convenient), and then she helps you kick up variations with caramelized onions and mushrooms. The celeriac puree was an eye-opener: it tasted like lighter mashed potatoes with a light celery overtone, and a serving is 10 (just 10!) calories. And it's no more of a fuss to make than "regular."

This Paleo cookbook is fantastic. I like the writing style of the author and her tastebuds and my tastebuds are similar. She uses lots of Paleo ingredients I really enjoy: avocado, coconut butter, eggs, seafood, bacon and bacon fat, anchovies (I'm SUCH a fan of them as an ingredient) and the rare umami taste I crave so much. It doesn't bug me that there are no pictures... some of my best cookbooks don't have photographs. If you follow the directions, you should be fine without a visual. In my humble opinion most cookbooks are all glossy pretty pictures and no substance, if you get my meaning. More eye candy than actual candy anyway. And having had worked in lifestyle publishing for over a decade I can tell you that many of those photographs aren't of the actual recipe anyway. (Yes, really!) So moving on to the recipes themselves... I really found some fantastic ideas and food in this book. Just to name a few of my favorites: the pork rind pancakes are delicious, the beef cauli-rice side dish, the eggplant spread, the pecan catfish. That's off the top of my head, there are more I love. Also, despite what you will read below, she had some really easy takes on popular Paleo base items like "bone broth," demi-glace, coconut milk and coconut butter. One of my personal favorites (and worth the value of the book itself) are the recipes for umami, both liquid and powder form. Fabulous! It's like bottled magic. That stuff is seriously addictive. For those of you who really like to get down in your kitchen with the food processor and have some time on your hands, there is also a great recipe for sunflower seed crackers. But on that point is where I would have my issues with this book. Some of the recipes are a pretty complicated and sometimes unnecessarily so.

I ordered this book before it was published, and just received it. When buying cook books I fall into two categories: (1) Wanting lots of pictures, mainly so I can ignore most of the recipes and just use the pictures as inspiration, and (2) Wanting no pictures, but lots of quality recipe ideas. This book

falls into the second category - there are no pictures. (Unless a clipart representation of a flame counts.) Instead you will find lots of recipes that conform to paleo guidelines. Luckily for those of us who would rather jump off a cliff (possibly fleeing a now-extinct large animal) than surrender our cheese and milk, the author acknowledges this fact and "won't think any less of us for adding dairy where appropriate". Praise Primal! There's a decent explanation of what the paleo movement is at the beginning. "Controversial" ingredients are covered, explaining why they're acceptable or not. While I understand the logic behind allowing stevia, personally it's on my prohibited list. Several other commercial products are also referenced, which dogmatic purists may not appreciate. (I'll allow canned coconut milk; that's about as processed as I'll go.) Ingredient-wise the recipes have got everything needed to be complete and tasty. (Disclaimer: the first thing I do when making new recipes is ignore the quantities, so I only ever gather the ingredients called-for and follow the general directions.) Some of them are very simple (bacon and brussels sprouts is a classic, after all) and others are more involved. The accompanying instructions are clear (though I've tried the method listed for mayo and ended up with not-mayo more times than I've ended up with mayo; providing the fix if it splits would have been a useful addition.

[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: 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 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) 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 chllenge, paleo guide to weight loss) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) 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) 500 Paleo Recipes: Hundreds of Delicious Recipes for Weight Loss and Super Health Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) 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 For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) 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 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) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) 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 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) Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros) Paleo Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) Asian Paleo: 30 Minute Paleo! Your Complete Guide to Delicious, Healthy, and Gluten Free Asian Paleo in 30 Minutes or Less (Asian Paleo Guide - Thai, Japanese, ... Korean, Filipino, and Vietnamese Recipes) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly)

[Dmca](#)