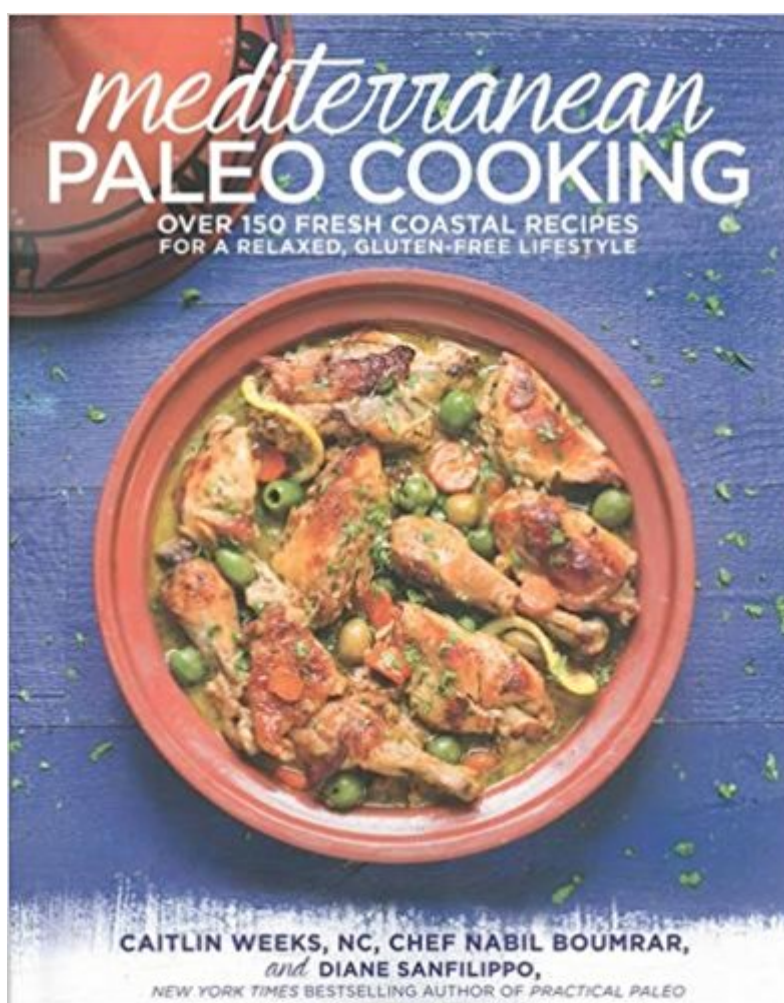




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Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes For A Relaxed, Gluten-Free Lifestyle



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.

Book Information

Paperback: 432 pages

Publisher: Victory Belt Publishing; Later Edition edition (October 28, 2014)

Language: English

ISBN-10: 1628600403

ISBN-13: 978-1628600407

Product Dimensions: 8.5 x 1 x 10.9 inches

Shipping Weight: 3.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 319 customer reviews

Best Sellers Rank: #50,319 in Books (See Top 100 in Books) #22 in [Books > Cookbooks, Food & Wine > Special Diet > Wheat Free](#) #30 in [Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean](#) #105 in [Books > Cookbooks, Food & Wine > Special Diet > Allergies](#)

Customer Reviews

“Mediterranean Paleo Cooking has filled a huge void in the Paleo cookbook market. The approachable recipes and sunny food photography are sure to inspire folks to prepare exotic feasts filled with crispy falafels, spicy tagine, and grilled kebabs. Caitlin, Nabil, and Diane have poured their hearts and souls into this beautiful cookbook and it shows on every page.” (Michelle Tam New York Times bestselling author of *Nom Nom Paleo: Food for Humans*)

“This book is loaded with color, flavor, and style. If you’re tired of the typical Paleo fare, Mediterranean Paleo Cooking is sure to renew your passion in the kitchen. What’s more, it caters to a variety of specific needs like low-carb, autoimmune, and GAPS so you can enjoy fresh new dishes without sacrificing your health goals. This is an absolute must-have cookbook.” (Chris Kresser, LA New York Times bestselling author of *Your Personal Paleo Code*)

“If you’re feeling the need to shake it up in the kitchen, Mediterranean Paleo Cooking is the answer! It reimagines coastal classics to be grain-free and Paleo-friendly, and the bold spices and rich broths will reinvigorate your Paleo plate and get you excited to try something new.” (Danielle Walker New York Times bestselling author of *Against All Grain and Meals Made Simple*)

“Mediterranean Paleo Cooking is truly a masterpiece, with exquisite recipes bursting with authentic flavors. The accessibility of this book is unsurpassed, with recipe labels and innovative modifications to accommodate those following the autoimmune protocol, low-FODMAP, low-carb, SCD, GAPS, nut-free, and egg-free Paleo diets.” (Sarah Ballantyne, PhD New York Times bestselling author of *The Paleo Approach* and *The Paleo Approach Cookbook*)

Mediterranean Paleo Cooking brings together a beautifully crafted book that’s 3 parts cookbook with 1 part functional Paleo guide, with a dash of meal planning. Caitlin and Nabil have created something not only beautiful and tasty, but also pragmatic. Much like the diversity of cultures and cuisines in the Mediterranean region, this book contains a wonderful blend of dishes that dance across each vibrant page. If you’re looking for a more tailored approach to Paleo with some seriously amped up meals, then this book is your one way ticket to exciting new flavors and

exotic cuisines." (Hayley Mason & Bill Staley, bestselling authors of "Make it Paleo," "Gather," and "The 30 Day Guide to Paleo Cooking")

Caitlin Weeks is a Certified Nutrition Consultant who works with clients and writes about holistic health and Paleo nutrition for her popular health blog, Grass Fed Girl. Caitlin lives with her husband, Nabil, and is based in San Francisco and Nashville, TN. Nabil Boumrar is a professional chef at a five-star international hotel in downtown San Francisco. He graduated with honors from an established culinary program where he was trained by the best chefs in Northern California. He was born in Algiers, Algeria, and in 2004 came to the United States, where he soon discovered his passion for cooking. Diane Sanfilippo is a Certified Nutrition Consultant who specializes in blood sugar regulation and digestive health, and she teaches nutrition seminars nationwide. She is The New York Times bestselling author of Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle, The 21-Day Sugar Detox, and The 21-Day Sugar Detox Cookbook. She writes the popular health blog Balanced Bites (balancedbites.com), and co-hosts a top-rated weekly health podcast on iTunes, "The Balanced Bites Podcast." Diane is also an avid CrossFitter and lives with her fiancé and their two fur kids in Northern New Jersey.

Seriously, the best cookbook ever. Not only does it spell out the A B Cs of paleo, healthy eating, and mediterranean cuisine, but I LOVE that every recipe has its own beautiful photo. The directions are more than simple that anyone timid in the kitchen will master these recipes in no time. For someone looking to convert their lifestyle and eat well while never feeling that they are on a diet, please consider buying this cookbook. There is even a recommended shopping list of ingredients in the front of the book that can help you in the grocery store, should you decide to create your own dishes while staying true to accurate ingredients and steps in cooking and eating better. This cookbook is so well thought out and organized, bravo!

Delicious, Beautiful, & User-friendly - Mediterranean Paleo Cooking goes beyond any cookbook I've seen so far. Authored by a professional chef and two wildly popular holistic nutritionists, this book delivers much more than just recipes. First of all, what strikes me is the beauty of the book - it's gorgeous! As you begin your journey through it, you learn the sweet story of how the book came together and then, in very practical, easy to digest language - all about Paleo nutrition and how it can support your health. As a nutritionist myself, I so appreciate the reference to autoimmune and special gut healing protocols such as GAPS and SCD. Besides the delicious

recipes, 2 of which I've already successfully tested on my family and a party of teenage boys

• I love the chef and nutrition notes and, as the family cook in a house full of allergies

• I totally appreciate the recipe allergen index. As you go through the book, it's like you are traveling throughout the Mediterranean, immersing yourself in the traditional dishes of North Africa, the Middle Eastern countries, Italy and all the other countries of that expansive region. There are flavors and dishes that are wildly different than any other Paleo cookbook out there. I can't wait to share more dishes with my family and friends and to recommend this book to everyone I know. Well done, Chef Nabil, Caitlin, & Diane!

I'm still working with the Elimination Eating Plan. As one of the leading foodies on our team, I'm always looking for more interesting and better tasting food. But, it can be hard to come by when you are on a strict program, busy, and don't like to repeat recipes over and over. So, when I asked my nutritionist (who is highly educated and experienced in yeast elimination programs) for help, she found a great cookbook to try. If you are like me and love the clean flavors of Mediterranean food and the spice palate of North African cuisine, then Mediterranean Paleo Cooking can help you stay on your eating program, get healthier, and lose weight.

What I Liked about Mediterranean Paleo

The information about the authors, their backgrounds, and approach to food really got me into the mood to try the recipes. Even more impressive was the wonderful information that the authors shared about Mediterranean cuisine, what they'd learned about health and lifestyle, and how to put together Mediterranean and Paleo cooking. What comes from this fusion is over a hundred very tasty, healthy recipes that you can eat or serve to company.

My favorite recipe is roasted garlic cauliflower hummus. When you first are on the elimination diet, you can't eat beans. I was looking for something quick to eat when I was hungry and busy. The cauliflower hummus had a great texture, nice flavor, and was great with lightly blanched veggie sticks (I don't get much benefit from completely raw veggies because I had a gut reroute years ago.). If you eat completely raw veggies, keeping some of the cauliflower hummus on hand is a huge time saver.

What I Would Improve about Mediterranean Paleo

There are recommendations for using a slow cooker for many of the recipes. I did try this, and I would caution you that the slow cooker versions are not "drop in the pot and let 'er cook." You need to brown the meat, toast the spices, etc., in order to have similar results to stove top cooking. Sometimes this means a few more dirty pots or pans to wash, but it was worth it to improve the overall texture and flavor of the food. So, I wish the authors had emphasized this more in the "busy people's prep" instructions. I just purchased one of the latest makes of pressure cookers, and I haven't had a moment to try these recipes in the pressure cooker, but I'm thinking

that browning and toasting is going to be useful when I do. Overall Rating for Mediterranean Paleo would give this cookbook five stars for anyone who is paleo, whole30, yeast reducing, or on any sort of an allergy elimination eating plan. The recipes are tasty, easy to use, and have ingredients that fit in these eating plans very easily.

I almost always find myself using recipes more as inspiration and usually make a few changes as I cook but, despite not being paleo myself (yet), this is the first cookbook I've ever used where I love the results exactly as they are. There's an incredible amount of variety and instructions that allow the user to adjust each recipe to fit almost any dietary restrictions while still producing delicious results. The Tangine chicken (pictured) was one of the first I tried and everyone that has tasted it since (paleo or not) has asked for the recipe or bought the book themselves.

I cook a lot and am always looking for healthy, gluten-free, and paleo-ish recipes so this cookbook definitely appealed to me from the beginning. I've tried the following recipes so far- paleo pizza crust- delicious, easy to make and definitely a go-to recipe. fig and ginger tajine- I loved the sweet flavor of the figs, would have loved to have a crispy skin on the chicken, so I think I will put it in the broiler next time but the flavor combination was divine. Carmelized onion soup- OH.MY.GOSH- I loved this and have thought about it again less than a week later. savory chicken kabobs- these were delicious! and the marinade was easy to make. Paleo moussaka- again another great dish. Siva's meatballs and cauliflower- this was a comforting, homey, perfect easy weeknight dish. I really enjoyed it and the leftovers. Overall, the recipes have been great. My only criticism would be that most dishes have needed extra salt but that is largely a personal preference. The book is so stunning though, I love to pull it out just to look through the pages and am looking forward to trying many more recipes in the future!

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