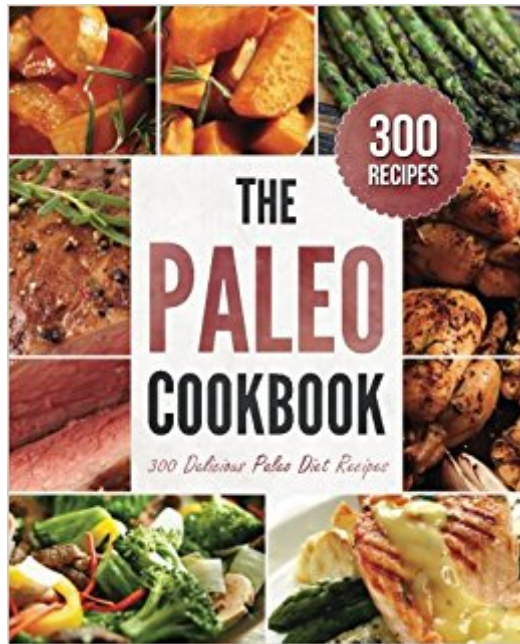


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# Paleo Cookbook: 300 Delicious Paleo Diet Recipes



## Synopsis

An ancient diet for modern times—feast on the simple and hearty recipes in The Paleo Cookbook and never turn back. Feeling full and fulfilled when you're on a diet may seem impossible, but it's the only way to turn your diet into a healthy lifestyle. Naturally promoting superior health and weight control, The Paleo Cookbook serves up wholesome recipes from around the world that emphasize lean proteins, vegetables, fruits and healthy fats. A staple for any paleo table, The Paleo Cookbook gives you your fill of a healthy and balanced life with every dish. The Paleo Cookbook includes: 300 Family Favorite Recipes for breakfast, lunch, and dinner, including side dishes, snacks and beverages Simple Directions for dishes that are as easy to make as they are to eat A Comprehensive Overview on everything you need to know about the paleo lifestyle The Paleo Cookbook brings you recipes such as: Banana Berry Pancakes, Chicken Avocado Wrap, Classic Gazpacho, Chimichurri Strip Steaks, Mediterranean Lamb Burgers, Spinach Lamb Casserole, Tangy Beef Brisket, Garlic Ginger Chicken, Baked Eggplant Steaks with Quick Tomato Sauce, and much more! "I loved how this book gave not only several recipes to fit every palate, but it also gave me the history behind the diet itself. With this cookbook, I can easily prepare and cook a different, nutritious, and tasty meal almost everyday of the year."

—Nneka Gunn, reader of The Paleo Cookbook

## Book Information

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## Customer Reviews

International Paleo Dishes

Mexican Chicken Salad - Mexican Serves 4:

Shredded chicken makes easy work of lunch on the Paleo diet. To make a quick salad, simply add

a few vegetables, a protein, and a savory dressing. Switch it up for variety. The basic formula for any salad dressing is simply one part acid to two parts oil. Add seasonings, such as ginger, chilies, garlic, or juice to change the flavor.

1 cup chicken breast, cooked and shredded. 1/2 cup red onion, chopped. 1/2 cup red bell pepper, chopped. 1/2 cup avocado, cubed. 1/2 cup jicama, julienned. 4 cups baby salad greens. 1/2 cup fresh lime juice, with the zest. 1 teaspoon garlic, minced. 1 teaspoon cumin. 1/2 teaspoon crushed red pepper flakes. 1/2 teaspoon cayenne pepper. 1/2 cup cilantro, chopped. 1 tablespoon honey. 1 cup grape-seed oil. Freshly ground black pepper, to taste. Instructions: Combine the shredded chicken and vegetables in a salad bowl. Whisk the lime juice, lime zest, garlic, spices, cilantro, and honey. together in a bowl. Slowly add the grape-seed oil in a steady stream, whisking vigorously until it emulsifies. Season with freshly ground black pepper. Toss the salad with the dressing and serve immediately.

**Paleo Spaghetti & Meat Sauce - Italian Serves 6:** If you haven't tried spaghetti squash, you're in for a treat. The squash has a sweet, mellow flavor and forms spaghetti-like strands when cooked. Serve it with this hearty, slow-cooker meat sauce for a filling lunch or dinner. 1 pound grass-fed ground beef. 1/2 cup onions, chopped. 1/2 cup celery, chopped. 1/2 cup carrots, chopped. 2 teaspoons garlic, minced. 3 (14-ounce) cans tomato puree. 1 (8-ounce) can tomato paste. 1/2 cup organic red wine. 1 teaspoon thyme. 1 teaspoon marjoram. 1 spaghetti squash. Freshly ground black pepper, to taste. Instructions: Brown the ground beef in a large skillet. Add the vegetables and cook them until they are tender. Transfer the ground beef and vegetables to a slow cooker, and add the remaining ingredients except the spaghetti squash. Preheat the oven to 350 degrees F. Cut the squash in half and remove the seeds. Place the squash in a baking pan, cut side down. Fill the pan with 2 inches of hot water. Cover with aluminum foil and bake for 40 minutes, or until tender. Scoop the squash out and place it in a serving dish. Serve with the meat sauce.

**Green Curry Chicken - Asian Serves 3 to 4:** This wonderful chicken dish is packed with spices, as well as a large variety of vegetables. 1/2 cup onions, eggplant, carrots, cauliflower, zucchini, and mushrooms. 2 tablespoons olive oil. 3 small yellow onions, medium diced. 3 cloves garlic, minced. 1 tablespoon fresh ginger, minced. 2 pounds chicken thighs. 1 eggplant, medium diced. 3 large carrots, medium diced. 1/2 head cauliflower, cut into 1-inch pieces. 1 zucchini, medium diced. 8 ounces mushrooms, sliced. 2 cans coconut milk. 3 tablespoons green curry powder. Freshly ground black pepper, to taste. Instructions: In a large pot, heat the oil over medium-high heat. Add the onions, garlic and ginger. When the onions begin to soften, add the chicken. Cook for 10 minutes, then add the eggplant and carrots.

Cover the pot, and when the eggplant begins to soften add the rest of the vegetables. After 10 minutes, add the coconut milk and green curry powder. Season with freshly ground black pepper. Simmer the mixture until the vegetables are soft but not mushy. Serve chicken in a bowl with lots of sauce over the top.

ROCKRIDGE PRESS is a trusted voice in health and diet publishing a wide variety of lifestyle guides and cookbooks, including The New York Times best seller Paleo for Beginners, The Wicked Good Ketogenic Diet Cookbook, The Mediterranean Diet Plan and the Instant Pot Electric Pressure Cooker Cookbook. Our authors take pride in publishing thoughtful, well-researched books that help readers make positive lifestyle changes and build permanent healthy habits. Headquartered in Berkeley, California, Rockridge Press is situated in the heart of one of the healthiest regions in the world, the San Francisco Bay Area. --This text refers to the Hardcover edition.

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.

Because of health issues I'm only coming paleo. But I have a husband that doesn't have these issues so I need to cook food that we both can eat and enjoy. This cookbook has recipes that even the hungriest man will enjoy. I haven't tried one recipe yet that he hasn't liked!

Finally a cookbook with some unique flavors and recipes. I have found that most cookbooks now-a-days have google recipes and there's nothing special about them; however, this one is different. It has it's niche of paleo recipes and truly sticks to it. I was surprised at how innovative the recipes are and how delicious they all taste. Great value for the money. This is a must-buy if you are on a paleo diet!

The good news: the information in this book is laid out in an extremely easy to digest (no pun intended) format. The bad news: it's also extremely thin on the research. I have noticed this about

certain Paleo books and I often get the impression that the authors purposefully skip past informing the reader about scientific studies that support their theories. Perhaps they think that the general public is not interested in learning more in-depth facts about the viability of the Paleo diet. But due to the controversial nature of the regimen, I am convinced that people would like to dig into it. If you are a person who already knows a good deal about the diet and is convinced that it's right for you, The Paleo Cookbook will be great for adding some extra dishes to your mental repertoire. If, on the other hand, you are not well versed in the potential health benefits, don't expect this book to provide any sort of crash course. That being said, the recipes are very good and plentiful. Top Chef style creativity? No. But the author succeeds in putting together hundreds of delicious, uncomplicated meals for every time of day. The recipes range from light and refreshing to meaty and steamy. We're not looking at rabbit food, here. I'm not even Paleo and you'd better believe I'm making my grocery list tonight to stock up on these ingredients. Soon, I'll be cooking up the conch salad and steakhouse crabcakes. I'll keep the venison medallions with quick mustard sauce for a rainy day. On my not-so-immediate list is the fillet of ostrich with mushroom medallions. I'll save that exotic edible for my autumn equinox party. Don't worry, you're all invited.

If you are looking to supplement your overall diet with more low carb meals in the mix, this cook book is perfect without getting crazy. I weight lift 4 times a week focusing on whole body workouts incorporating compound lifts as my focus and I have noticed some nice lean gains over time with throwing more of these recipes in the loop. Best of all, my kids are meat eaters and this helps add more good lean meats and veggies in the mix for them as well. People may argue with me on this, but you don't have to just throw all foods away and switch to straight Paleo eating to see benefits. Throw in two or three of these meals in a week and you'll see results over time.

a lot of great ideas. book arrived as promised.

I have been trying to find a good book that will motivate me to eat healthier. Most diet books are complex and have hard-to-find foods. With hundreds of thousands of books to sort through, I've still had a difficult time finding one that was worth the money. Well, I found it! This book is about the Paleo lifestyle and provides some history about it. What I liked the most was that it includes a great breakfast section. I haven't found many breakfast recipes in other Paleo books. The Caveman French Toast is delicious, and very easy to cook up quick in the mornings. It's even something my picky little kids will eat. The Banana Berry

Pancakes were next at the top of our list. They are just delicious and also quick to make. For lunch, the Sloppy Joe Cabbage Wraps are a favorite at our house. Only a few ingredients and it makes for a delicious and healthy lunch. This book simply has recipes for every meal and every occasion. Even Offal! I have never had Offal before, but maybe I will give that a try too.

I can't wait to try the recipes in this book. They look delicious and appetizing! The Paleo diet is the healthiest and most weight-loss effective one I've ever used. I plan to stay on it for the rest of my life!

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