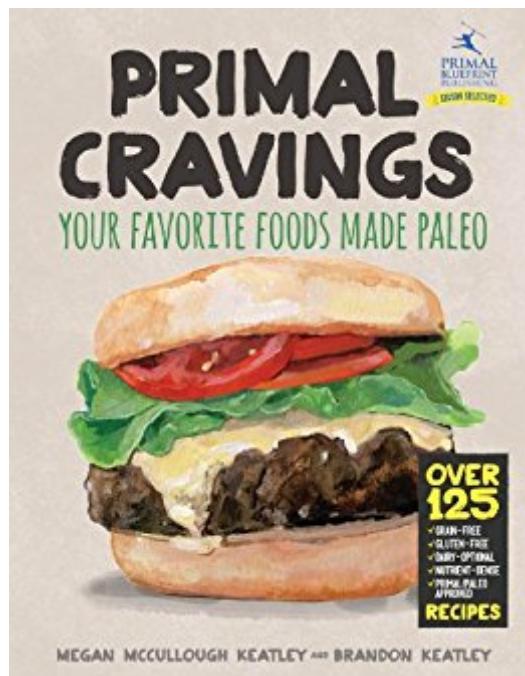


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# Primal Cravings: Your Favorite Foods Made Paleo



## 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. A Primal Cravings sets out to provide the best of both worlds — 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 authors' 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. A Based in South Carolina, authors Brandon and Megan Keatley created Primal Cravings on the momentum of their popular Health-Bent.com website — 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). A 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 you'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 you've ever had. If you'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 — then this is the book for you.

## Book Information

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## **Customer Reviews**

Since going paleo, my health has dramatically improved! This book has helped me vary my diet. I totally agree with how people decide to go paleo and then wonder - what do I eat now? This book takes out all the guess work. I was gluten free before and could not find a decent pizza crust recipe. I was certain that going paleo would make it impossible to ever eat good pizza again. Wrong! The book was worth buying just for the pizza crust recipe alone!

I've bought an assortment of paleo/primal cookbooks. They've all been...alright. The second this one came in the mail I loved it. It's a hardcover book. Yes, I said it. HARDCOVER! Other than that every single thing that I've made in it has been delicious. And by saying every single thing I've made, I don't mean I've only made one or two things, I've made at least 10-15 things from this book so far. I love that dairy is optional. We eat dairy so the addition of butter and cheese (all optional) was a nice change. I've also been an avid baker for quite some time, and find that they're cookies/cakes/etc. live up to expectation. They're really played their ration of tapioca flour and coconut flour out. Things are fluffy when they're supposed to be and dense when they're supposed to be (this also goes for most of the book, for example the pancakes). This book is also far less complicated than a lot of other primal/paleo cookbooks. It doesn't require you to make seventeen sauces from scratch to complete one recipe (yes, exaggeration, but you get the picture). Also, you

don't have to run out and buy things that you've never heard of before, don't know where to find them, or have to spend loads of money on right off the bat. This is a great beginners cookbook for the paleo/primal lifestyle. And, last but not least, it actually tastes and feels like you're eating your favorite foods. Have a pancake craving? a cook craving? and hamburger craving? IT'S ALL IN HERE. I could seriously sing the praises of this book for quite some time, but I'll refrain. Just know that you can't go wrong with this book. EVER!

I am not strictly a paleo dieter, but I am trying to integrate the principles into my diet while still eating many of the foods that I enjoy and so far this book has offered me great recipes for delicious comfort foods that are healthy and hearty, easy to cook, and fun to eat. I made the pumpkin chili, which was quick and easy, used readily available quantities of canned tomatoes, chilies, etc. I also made the broccoli salad, which is simple and fast, but a good way to mix up my major broccoli addiction. I also tried a couple of the desserts: brownies (which are on the cakey side, but rich without being too sweet) and the caramelized banana milkshake which was super rich and satisfying (I couldn't finish the whole thing). On the whole, this is a great go to book for yummy food that follows paleo principles but is still satisfying to someone who is new to the principles of a paleo diet.

This book just blew Practical Paleo and Well Fed OUT OF THE WATER as my FAVORITE paleo cookbook EVER. 1) The authors explain everything really well...and they even suggest what brand tapioca and coconut flour, etc to buy (I should have heeded the tapioca suggestion b/c I did taste some bitterness like they mention, but not too bad) 2) Picture for every single recipe. Majority of recipes have a handful of ingredients. 3) No baking with almond flour!!! Even though tapioca is a bit "carby" I appreciate that there is no almond flour in this book 4) I love everything about this cook book and only hope they come out with another one AS SOON AS POSSIBLE : ) : ) 5) I'm one of the weirdos whose cholesterol gets affected by saturated fat (both plant & animal) so maybe next time they can include more suggestions with some of their recipes about other fat sources to use - like for instance, the chicken tenders need palm shortening and I'm hesitant to use it :( but I might just do it and watch my levels elsewhere in the week/day :-p 6) Cheese Crackers are a once in a while treat but SO EASY AND DELICIOUS. Perfect for a day at the winery!! 7) Gingerbread Muffins are FAB. 8) I'm making chunky monkey muffins as soon as my silicone muffin liners arrive :) BUY THIS BOOK - YOU WON'T REGRET IT. hardcover, beautiful. delicious.

I agree with everyone re the layout, the pictures and the feel of the paper. Tried the cheese cookies and used too much cheese; my bad. Tried the biscuits and they were pretty good, however, next time I will use the Cook's Country method and use baking soda along with baking powder and buttermilk for a more lighter and fluffier biscuit as mine were a little dense. My only critique is that they do not give the calorie, carb, or sugar content of the recipes. Given the aforementioned carb content I'm somewhat surprised that Mark Sisson has endorsed this book. I would recommend this book to friends and family. Update-06-17...An informed listener, indeed, informed me that there is caloric info in the back of the book...oops; so 5-stars it is...Happy birthday to me...

I bought this as a gift for my husband who's been Paleo for a while. I do not subscribe to the Paleo lifestyle, though my own habits are not too far off. After reading the introductory information I'm inclined to not totally write off Paleo. ;) This book allows for cheese! I don't eat dairy in the form of milk and yogurt, but I appreciate cheese now and then, especially hard cheeses. You can't replace that flavor. I also don't believe meat should be the base of your diet - it should be vegetables. But even with my "issues" with Paleo philosophy, we both still LOVE this book. It's been a wonderful common ground we can both come to and choose recipes that we will both eat and love. This is a great recipe book for anyone who isn't surrounded by Paleo people, and it's a great book for people who are surrounded by Paleo people. Win-win!

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