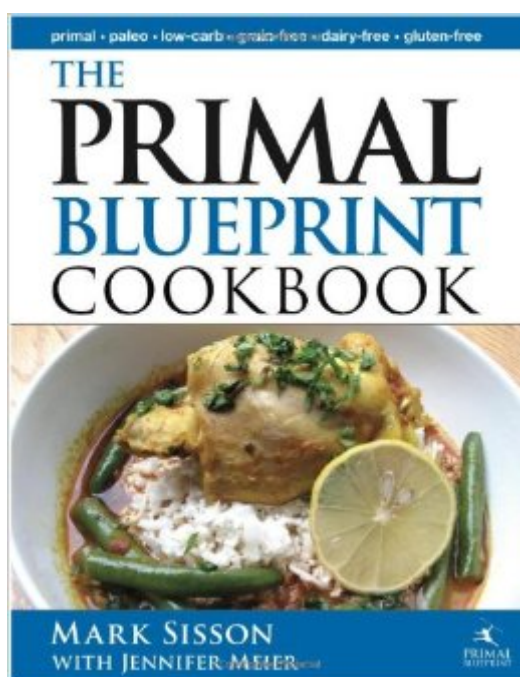


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# The Primal Blueprint Cookbook: Primal, Low Carb, Paleo, Grain-Free, Dairy-Free And Gluten-Free (Primal Blueprint Series)



## Synopsis

The popularity of the low carb/paleo/Primal way of eating has exploded, as people discover an appealing and sustainable alternative to the restrictive diets and flawed conventional wisdom that lead to burnout and failed weight loss efforts. The dream of eating satisfying meals-even on a budget-controlling weight and feeling great has now become a reality. As you build momentum for Primal eating, you'll find that you won't even miss the bland, boring, low-fat foods that previously were the central focus of your diet. How can you argue with a menu that includes Roasted Leg of Lamb with Herbs and Garlic, Salmon Chowder with Coconut Milk, Tomatoes Stuffed with Ground Bison and Eggs, and Baked Chocolate Custard? This isn't a crash course diet. These and the other Primal recipes provide the foundation for a lifetime of delicious, healthy eating, high energy and protection from common health problems that arise from eating the SAD (Standard American Diet).

## Book Information

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## Customer Reviews

All my readings and life experience (previously working for five years in a natural foods co-op) have now finally converged on the Primal diet lifestyle as the common sense approach to nutrition (and, for me, backed up by the well-researched book, Good Calories, Bad Calories by Gary Taubes). I've bought a lot of cookbooks on my journey to a more healthy diet. And some of those cookbooks seem to be comprised of recipes that were conceived purely on theory and not at all on taste (cough..Atkins..cough). I knocked out 5 of the recipes in the Primal Blueprint cookbook in a week and a half, and every single one of them tasted FANTASTIC. Even my wife and two children, whom

I'm slowly trying to wean from their highly-refined carbo-centric tendencies, raved about the recipes I cooked (e.g. Moroccan chicken, Transylvanian stockpot, Coconut ice cream, zucchini frittata...)

These are not people who like the taste of real vegetables. My wife said, and I quote, "That cookbook is best money we've ever spent. I can't believe how good this tastes." Clearly, the recipes were tested and refined by an actual person who knows the taste of good food. Thank you, Jennifer Meier. Also, I have a son who is Type 1 diabetic. We noticed that the meals I cooked from this book had a very low effect on his post-meal blood sugar. No huge post-meal spike and less insulin required at mealtime. That in itself was worth the price of admission. Cookbooks like this show him that he can eat delicious meals that do not adversely affect his blood glucose. He will need this knowledge to cope with his diabetes when he ventures out on his own (he's 10 right now). To me, a five-star rating indicates a perfect book (or movie, or whatever), so I'm giving it 4 stars, a very high rating to me, for the following reasons:- It does not have an index referencing the ingredients. I often cook by the "what-have-I-got-in-the-refridgerator" method; designing a week's worth of meals (and our food shopping) around that. With this book, I can't look up all the recipes that have zucchini in them. So put an index in it already.- I do have the Primal Blueprint book also, but what if I'm someone who doesn't have that and just wants the cookbook? This cookbook doesn't contain a brief overview of the theory behind the recipes it contains; it just jumps right in to the recipes. A Primal Blueprint primer at the beginning of the cookbook would round it out nicely.- Final (unfair) criticism: not enough recipes! You do get your money's worth, but I want Volume II already! (I'm not one to browse the internet or blogs for recipes; I like cookBOOKs. Highly recommended cookbook as it contains excellent tasting, easy, nutritious recipes!

Been a fan of Mark's Daily Apple website for a couple of months; I like the reader-shared recipes there, so hoped this cookbook would be more of the same. Came away with mixed feelings....while there ARE some new things I had never thought to try (new spice uses, flavor combos, etc.), a lot of it echoes common sense for anyone who is familiar with basic cooking techniques and has been eating this way for any amount of time. This is a great intro for anyone afraid to make the leap, for whatever reason, into the Primal world in terms of diet (and I hesitate to use that term, because it's more of a lifestyle than a "diet") and fears that it would consist of bland meat & raw veggies. There are some pretty sophisticated (but not complicated to duplicate) flavor combos here, and you'll do better if you live in a area with at least access to a metropolitan grocery choice (wheat-free tamari, unsweetened coconut milk, dried seaweed) but much of the ingredients ARE readily available. I've lost over 70#s by limiting my diet to the choices advocated in this book (didn't realize it was a "diet"

at the time), have tons of energy and advocate the primal lifestyle (mainly diet, but I like the walk a lot, lift heavy objects-low aerobic/interval training- physical mission aspects as well). Vast improvement over the other "low-carb" cookbook choices out there ( I would rather NOT fill my diet with unpronounceable ingredients, thank you!) but not "OMG-I can't WAIT to try this recipe!" excitement.

A bit over 3 months ago I was diagnosed with diabetes and my doctor recommended The Primal Blueprint Cookbook as well as the Primal Blueprint. I bought both books on and after 3 months of eating these recipes and following the Primal dietary guides, I am no longer diabetic. The recipes are delicious and it will be no problem to continue to eat this way because my husband and I both enjoy the food. I lost 34 pounds in two and a half months and my husband lost 36. We continue to lose now, but at a slower rate. Just a note -- diabetes is rampant in our country now and like myself, most people know little about it until they get it. Let me tell you, there is pain involved, so for your family and for yourself, please switch to the Primal lifestyle. You will be thinner, stronger, healthier, non-diabetic, and I am sure you will live much longer.

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