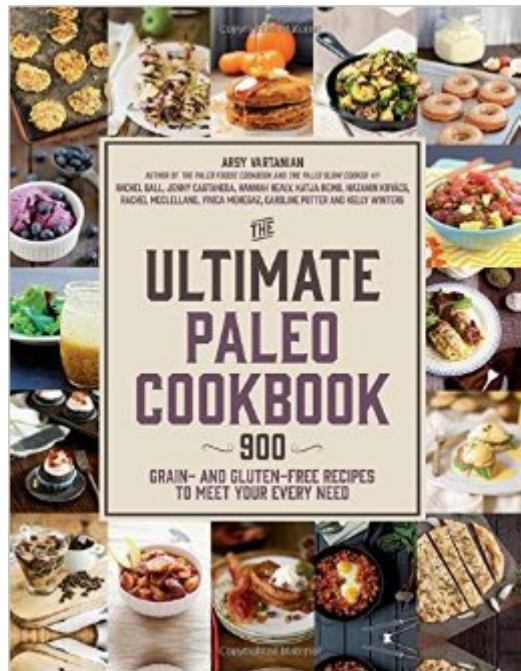


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# The Ultimate Paleo Cookbook: 900 Grain- And Gluten-Free Recipes To Meet Your Every Need



## Synopsis

The Most Comprehensive Paleo Cookbook in Print Arsy Vartanian and nine other popular Paleo bloggers have come together to bring you over 900 recipes in this ultimate, extensive collection to help you stay gluten- and grain-free. This is the largest compilation of Paleo recipes in print, and it satisfies every craving in one convenient volume. Each of the authors selected 50 to 80 of their favorite recipes from their blogs and created 10 to 20 original recipes, all assembled in this one amazing Paleo resource. Inside, you'll find recipes for everything Paleo with an emphasis on flavor as well as convenience. This book includes a wide selection of easy weeknight dishes, budget-conscious meals and slow cooker dishes. In Easy, Fast, Few-Ingredient, the entire chapter (with almost 80 recipes) is designed to make going Paleo or staying Paleo as easy as possible. With an unprecedented variety of dishes to choose from, you'll never be at a loss of what to cook!

## Book Information

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## Customer Reviews

Paleo, smaleo, this is a great classic cook book! It is beautiful to eye. The photos are very appetizing and the recipes are surprising simple with readily available ingredients. It is in the tradition of the old standard Joy of Cooking with a plethora of recipes and it's organized so what you are looking for is easy to find. This would make a wonderful gift to someone who loves to cook or just read about doing it. I am so hungry just looking at photos so I think there are some sweet potato patties (page 91) in my near future. Bravo on the Cookbook!

This book is wonderful! My mom has a collection of paleo cookbooks but this was by far our favorite,

so I ordered a copy for myself, though I do not follow a strictly paleo diet. I would recommend this for anyone interested in healthy, produce packed recipes or alternatives to traditional gluten inclusive recipes. There's a huge variety of dishes and a lot of great ideas. My personal favorites so far have been pumpkin pancakes with coconut flour, tomato poached eggs with basil, and cauliflower fried rice with shrimp and bacon.

What an incredible collection of recipes! My favorite paleo foodies share their best recipes all in one book. The recipes are easy to follow, delicious & healthy! I definitely recommend this book if you are just learning how to cook or are well seasoned in the kitchen.

This is my review for *The Ultimate Paleo Cookbook: 900 Grain- and Gluten-Free Recipes to Meet Your Every Need*. My husband and I just started eating Paleo a couple of months ago and I got really tired of hunting down recipes from various books and from across the web. I bought this book not expecting much as 900 recipes is a lot and I expected them to be a lot of filler and fluff. I must say that I was wrong and ended up being highly impressed and I am so glad I bought this book. This has quickly become my go to book when making menus for the week. This book is laid out very well and is easy to find what you are looking for. No skipping around and searching for Main Dishes that are scattered thru out the book. It's all listed in one chapter. Which is super helpful and appreciated. Also, the recipes in this book tend to be really practical and not many require special ingredients that you have to track down. I have cooked about 15 to 25 recipes from this book so far and they all have been really good. Our favorite has been the cottage pie. I have cooked this one almost every week since discovering it. If you are trying to eat healthier or you are following the Paleo Diet. I would highly recommend this book. In my humble opinion this is the best book out there on the market. You will not be disappointed!!!

I love this book! As a Health practitioner I will recommend it to my clients. I especially love the healthy sweets and that it includes such great pictures of the dishes! I did see some typos but the book & recipes are so good that it is a great book to have in my kitchen! Favorites for me so far (just had them for Christmas) the 'Egg-Free Chocolate Pie' & the 'Egg-Free Pumpkin Pie'...big hits at our table! Wish it had more on each of the authors but I can't wait to try MANY more of the recipes!

Normally when I get a new cookbook I like to take a stack of post its and mark the pages of the recipes I'd like to try. I sat down to do this with this cookbook but ended up marking every page,

they all looked so good, so I just took the notes out. I've only had the chance to try one recipe so far (Thai Chicken) and it was excellent. I think this will end up being a go-to reference.

This book has so many fun and delicious recipes for the those doing a paleo type diet or not. I have followed these bloggers and they always come up with the goods. Can't wait to try these out!

This cookbook is an ENCYCLOPEDIA! Really it's all anyone could need. So far I've made the Berry Crumble and the Veggie Root Hash. Delish! It would be nice for every recipe to have a photo, but obviously it would be a 900 page book that could bludgeon someone. And be way too expensive for me. Big points to the authors who obviously poured their hearts into this book.

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