

Read Book Paleo Home
Cooking Flavorful Recipes For
A Healthy Gluten Free Lifestyle

Paleo Home Cooking Flavorful Recipes For A Healthy Gluten Free Lifestyle

Delicious Paleo Dinners

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Without the Wait Dr. Karen S. Lee, author of Keto Cooking with Your Instant Pot® and Paleo Cooking with Your Air Fryer, has created 75 mouthwatering Paleo recipes that easily come together in your Instant

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Pot® with ingredients straight from the freezer, so busy families can get amazing, healthy meals on the table without wasting time defrosting meat, prepping sides or cleaning up. You'll never find

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yourself in a pinch at dinnertime again! This wide array of tasty recipes has endless flavors to discover and countless favorites for your family to love. Enjoy hearty dishes like Thai Green Curry Chicken, Low-

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Carb Memphis-Style BBQ Ribs,
Korean-Style Braised Oxtail,
Chipotle Chili con Carne or
Weeknight Chicken Piccata.
Cook up lighter seafood
meals like Sweet Potato
Lobster Rolls or Easy Peasy
Seafood Paella. There are

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also tons of warming soups, like Chicken Potpie Soup, and yummy pastas, like Quick Zoodles Bolognese, to indulge in. This exciting collection of delicious new Paleo dinner ideas, combined with the speedy cooking and

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easy cleanup of the Instant Pot[®], will make dinnertime an absolute breeze.

Prep-Ahead Paleo Meals that
Take the Stress Out of
Dinnertime Caroline Fausel
makes it easy to get a
nutritious dinner on the

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table with 12 weeks of Paleo recipes your whole family will love. Her innovative method combines the best aspects of meal planning, batch cooking and freezer meals to revolutionize your evenings, letting you pull

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together mouthwatering meals on even the busiest weeknights. This comprehensive plan includes everything from simple instructions to detailed grocery lists, so there's no need for guesswork in

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getting ready for dinner.

Caroline walks you through every step of the meal planning process, beginning with weekend batch cooking sessions where you'll prep and store the elements for your weeknight meals. Best

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of all, the recipes yield large portions that are perfect for freezing, so you're actually making two weeks' worth of dinners at once—meaning you can look forward to yet another easy reheat night! Your family

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will love trying out bold recipes like Teriyaki Sloppy Joes with Asian Slaw, Bacon-Wrapped Pork Tenderloin with Loaded Mashed Potatoes and Spicy Shrimp Diablo over Zoodles. They'll be delighted by new takes on

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beloved comforting classics like Best-Ever Barbecue Chicken Pizza, Make-Ahead Homestyle Lasagna and Paleo Fried Chicken and Waffles. You won't believe what you can eat while sticking to your Paleo diet—or how easy

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it can be to whip up
delicious meals that will
please everyone at the
table.

Popular food blogger Amy
Densmore takes a practical
yet creative approach to
cooking with whole,

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unprocessed ingredients, emphasizing how to adjust seasonings and other ingredients to make a dish your own. Whether you like things a little spicier, a little sweeter, or perhaps a little more savory, she'll

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teach you how to adjust the flavors of your dishes to suit your tastes. Eating real, whole foods is the best way to nourish your body, and now Amy shows you how to turn those healthy ingredients into meals that

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tantalize your taste buds.
In The Paleo Cupboard
Cookbook, acclaimed food
blogger Amy Densmore
presents a personalized
approach to Paleo cooking,
allowing you to tailor each
dish to your unique tastes.

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She combines healthy real foods with a focus on flavor, for delicious dishes made just the way you want them—all without grains, gluten, or dairy. Inside you'll find: A guide to understanding flavors and

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how to combine spices and herbs—if you've always wanted to be one of those cooks who knows how to fix a dish that's too acidic and understands which seasonings go best together, Amy's got you covered! Kitchen tips

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that will save you time and effort in the kitchen, including make-ahead and freezing suggestions "Try This!" tips that offer suggestions for tweaking flavors and experimenting with recipe variations Meal

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plans and shopping lists that make it easy to prepare healthy Paleo meals every day An easy-to-browse index of recipes that are kid favorites, egg-free, nut-free, and ready in under 40 minutes More than 140

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recipes for delicious,
classic home cooking with no
grains, gluten, or dairy,
including: Sweet Potato Hash
with Spicy Hollandaise
Tomato Basil Soup with
Crispy Shallots Tex-Mex-
Style Pork Chops Chipotle

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Shrimp Tacos Pasta Bolognese

Honey Chipotle Meatballs

Summer Vegetable Casserole

Cider Baked Apples

Blackberry Peach Upside-Down
Cake

Even though we know full
well that most restaurant

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foods are made using ingredients laden with chemicals and additives, most of us can't seem to shake the desire for even just a taste. Not to mention that nothing is easier than picking up takeout, hitting

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the drive-thru, or ordering delivery—but at what cost? Paleo Takeout: Restaurant Favorites Without the Junk delivers much healthier but equally satisfying alternatives, offering delectable recipes that

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mimic the flavors of our drive-thru and delivery favorites—Paleo style! Russ Crandall teaches you step-by-step how to prepare meals in under an hour—leaving no sacrifice of taste or time. Our modern lives are hectic:

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We all face the challenge of creating meals at home that are as quick and flavorful as those from our neighborhood takeout restaurants. It's hard to beat the convenience of restaurant food, even when

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we know full well that it's seldom a healthy choice. In Paleo Takeout: Restaurant Favorites Without the Junk, celebrated author Russ Crandall re-creates everyone's favorite takeout meals, made in record time

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using wholesome ingredients,
giving you all of the
gratification and none of
the regret! Inspired by
beloved restaurant
experiences, Paleo Takeout
features more than 200
recipes expertly culled from

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Chinese, Korean, Japanese,
Thai, Vietnamese, Indian,
Italian, Mexican, Greek, and
American cuisines. Inside,
you'll find everything from
Chow Mein to Moo Shu Pork,
and Thai Red Curry to
Buffalo Wings, all with a

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focus of "fridge to face" in under an hour. Also featured is an indispensable meal-planning guide to help you put everything together for a doable, lasting approach to cooking and health. Paleo Takeout: Restaurant

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Favorites Without the Junk
proves that eating right in
a way that satisfies even
the choosiest of healthy
eaters is not only possible,
but also a lot of fun
Paleo Recipes as Bold and
Flavorful as They are

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Healthy Amanda Torres, founder of The Curious Coconut, tells a story of heritage and tradition with her recipes. In collaboration with her Puerto Rican mother-in-law, Milagros, she provides

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authentic recipes from Puerto Rico, Cuba, Colombia and Venezuela, among others. Discover a new, adventurous side to Paleo with recipes like Ropa Vieja (Shredded Beef in Tomato Sauce), Empanadas al Horno (Baked

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Meat Turnovers) and Pollo a la Brasa (Marinated Roasted Chicken). This is Paleo as you've never experienced before, embracing traditional Latin American comfort foods and also making them completely

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gluten-, dairy- and refined-sugar-free. Latin American Paleo Cooking introduces layers of flavor, and with over 80 recipes, you'll always have something new to try.

Eat Drink Paleo Cookbook

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Paleo Slow Cooking

150+ Make-Ahead, Make-Over,
and Make-Now Recipes by Nom
Nom Paleo

Paleo Home Cooking

Paleo Cookbook For Dummies

Asian Paleo: Easy, Fresh

Recipes to Make Ahead or

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Enjoy Right Now from I Heart
Umami

Real Food Dinners for Two

Satisfying Paleo Meals without the Effort

Feed your family wholesome meals that
are a cinch to prepare with these downright
delicious Paleo masterpieces. Layered with
flavor and packed with a nutritious punch,

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these slow cooker meals make following the Paleo diet simple and convenient.

Updated versions of already familiar meals smooth the transition to Paleo cooking and eating, and options for making meals vegetarian, low carb and AIP-friendly mean that everybody can enjoy tantalizing Paleo favorites, regardless of dietary

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restrictions. Even the busiest home cooks can simply toss a few ingredients in the slow cooker at the start of the day to create fuss-free Paleo-friendly dinners, including: Simmerin' Hawaiian Fajitas Better-for-You Beef Bourguignon Italian Harvest Chicken Soup Coconut-Lime-Poached Halibut Tenderloin Cacciatore Butternut-

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Bacon Bisque with Shrimp Cherry Chuck
Roast Smoky Chorizo Chicken Slow-
Herbed Salmon Featuring a foreword by
Paleo pro Mark Sisson, this authoritative
collection makes it easier than ever for you
to fuel your body with tasty dishes all day
long.

Although eating a paleo diet (no gluten,

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grains, dairy, or legumes) has proven to be highly effective in shedding unwanted weight and improving overall health, many find preparing and cooking real-food meals on a daily basis difficult to manage. Let's face it, prepping and cooking meals, as well as cleaning multiple pots and pans, can take a lot of time from your already

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hectic schedule. Not to mention the difficulties in making healthy food taste delicious. Enter the slow cooker, an easy-to-use device that allows you to enjoy a wonderful, home-cooked meal without slaving for hours in the kitchen. In Paleo Slow Cooking, Chrissy Gower shows you that cooking real food using a variety of

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vegetables, clean cuts of meat, and healthy fats does not have to be a complicated, boring, or time-consuming endeavor. In this real-food-made-easy guide, Gower teaches you how to prepare full-course paleo/primal entrees, soups, stews, breakfast dishes, and desserts. To make every meal more enjoyable, Gower also

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includes several quick and easy side dishes to go with your slow cooker meals. Paleo Slow Cooking is sure to win the hearts of every time-crunched individual or family that yearns to eat a healthier diet. Eating paleo has never been so easy or tasted so good!

In today's fast-paced world, the family

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dinner can easily get swallowed up by work, errands, and kids' activities. But sitting down to a healthy home-cooked meal doesn't have to be a thing of the past. In *Make Ahead Paleo*, Tammy Credicott shows you how to eat well at home and on the run, without sacrificing flavor or good nutrition. Tammy offers up more than 100

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flavorful recipes that are ready when you are, wherever you are, each one beautifully illustrated with a photo that will inspire you to start shopping and chopping: dishes such as Garlic Topped Flank Steak Roulade, Apricot Orange Pork Chops, Mushroom Meatballs, Apple Cider Chicken Thighs, Paleo English Muffins,

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Chocolate Chip Tahini Blondies with Toasted Coconut, and even Pumpkin Cardamom Pancakes. You'll be amazed at how easily, economically, and efficiently you can feed your family grain- and gluten-free meals using fresh, natural, whole-food ingredients. In Make Ahead Paleo, you'll find: Recipes and tips for whipping up

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freezable meals Inventory sheets to help
you keep track of your frozen creations
Delicious timesaving recipes for your slow
cooker A busy work-week menu with full
grocery list Recipes to take on the road
One-pan meals you can make in your hotel
room Sweet indulgences that freeze and
travel well Make Ahead Paleo is the

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perfect guide for cooks who don't have all day to slave over a hot stove but still want their meals to taste as if they did.

Wherever your hectic life takes you, make it nutritious, make it flavorful, and make it ahead!

A leading Australian chef and food personality offers more than 100 recipes

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for people who are following an all-natural, unprocessed and sugar-free lifestyle including Sprouted Seed Bread, Chia Seed Pudding, Grilled Asparagus With Roasted Bone Marrow and Chocolate Beet Cake.

15,000 first printing.

"Grain, sugar, legume, dairy free, Whole 30 approved"--Cover.

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75 Real Food Recipes for Effortless,
Wholesome Meals in Your Slow Cooker

The Paleo Sheet Pan Cookbook

Entire Month of Paleo Meals

Prep, Cook, Freeze: A Paleo Meal

Planning Cookbook

80+ Easy, Delicious Recipes for the

Weeknight Chef

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100+ Delicious Gluten-Free Recipes

Latin American Paleo Cooking

***Incredible Paleo Baked
Goods for Every Craving
Paleo bakers rejoice!***

***Michele Rosen, founder of
the cooking blog Paleo***

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Running Momma, has created 60 spot-on Paleo versions of all the cakes, cookies, brownies, muffins, pies and breads you love. With these genius gluten- and processed sugar-free

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*recipes, you can indulge
in all of your go-to
treats without the
guilt—whether you're Paleo
or simply trying to eat
cleaner meals. This
collection of tested and*

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*perfected recipes includes
showstopping treats for
birthdays and events, as
well as simple sweets for
every day. And with every
recipe using natural
ingredients and whole*

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***foods, not only is
everything healthier, but
it's tastier too! Indulge
in outrageous sweets, like
Pumpkin Spice Cupcakes
with Maple Cinnamon
Frosting, Double Chocolate***

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***Cherry Cookies, Apple
Cinnamon Bread with Walnut
Streusel, Salted Caramel
Cookie Crumble Bars,
Blueberry Scones and so
much more. Michele also
includes savory treats,***

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***like Classic Chewy
Homemade Bagels and
Authentic Soft Pretzels.
Rediscover all your
favorites, with this
brilliant book of healthy,
yummy and foolproof Paleo***

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baking recipes!

***The debut cookbook by the
creator of the wildly
popular blog Damn
Delicious proves that
quick and easy doesn't
have to mean***

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boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers' - each one so simple, so easy, and so flavor-packed, that

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*you reach for them busy
night after busy night. In
Damn Delicious, she shares
exclusive new recipes as
well as her most beloved
dishes, all designed to
bring fun and excitement*

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into everyday cooking.

*From five-ingredient Mini
Deep Dish Pizzas to no-
fuss Sheet Pan Steak &
Veggies and 20-minute
Spaghetti Carbonara, the
recipes will help even the*

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***most inexperienced cooks
spend less time in the
kitchen and more time
around the table. Packed
with quickie breakfasts,
30-minute skillet sprints,
and speedy takeout***

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***copycats, this cookbook is
guaranteed to inspire
readers to whip up fast,
healthy, homemade meals
that are truly 'damn
delicious!'***

Smart New Strategies and

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***Inventive Recipes for
People Who Really Like to
Eat Eating paleo doesn't
have to be boring. Whether
you're a strict paleo
adherent or you just want
to eat paleo from time to***

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time, this collection of foolproof, practical, and innovative recipes is an invaluable resource. We've tackled the challenges of cooking paleo-friendly meals that taste great so

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that your time in the kitchen is guaranteed to be well spent. Packed with test kitchen expertise, this book not only contains 150 foolproof recipes but will also

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*teach you how to bake with
nut flours, how to make a
pan sauce without butter
or wine, and how to make
paleo-friendly pantry
staples like crackers,
coconut yogurt, and even*

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barbecue sauce. With recipes that taste this good, you won't even miss the sugar, dairy, or grains.

Cooking Whole Foods Just Got a Whole Lot Easier

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When life gets crazy, sticking to your healthy Paleo lifestyle can feel challenging— but Mary Smith is here to help. In Quick Prep Paleo, Mary simplifies whole-food

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cooking with simple, hands-off recipes packed with flavor. With just 15 minutes or fewer of chopping, mixing and sautéing, you can have a real-food, family-friendly

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*meal on the way. Each
recipe in this book comes
together quickly while
cutting out gluten, dairy,
grains, legumes and
refined sugar, so you will
feel your best all day*

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Long. Recipes include:

***•Quick Creamy Bolognese
Sauce •Chicken “Parm” and
Cauliflower Gnocchi
Skillet •Sheet-Pan Baja
Fish Taco Bowls •Slow
Cooker Smothered Pork***

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**Chops • Better-For-You
Mississippi Pot Roast
• Instant Pot® Orange-
Sesame Chicken • Creamy
Salmon Piccata • Meat
Lovers' Pizza Spaghetti
Squash Casserole Let the**

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***oven, stove, slow cooker
or Instant Pot® do all the
work while you enjoy extra
free time at home. With
this collection of Mary's
ingenious recipes and
gorgeous photography,***

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***you're sure to find
everything you need to
make every day delicious!
Paleo and slow cooking go
hand in hand because they
both yield healthy and
delicious food without***

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*much hassle and without
sacrificing taste at all.
It's simple and easy to
cook your Paleo food in a
crock pot and this book is
designed to show you how
it's done. It contains 30*

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Paleo recipes suited for your crock pot, split in 5 chapters: breakfast, main dishes based on three types of meat and dessert to finish off your meal on a high note. The idea

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behind this book is that combining any of these recipes, you can make up a full Paleo menu for various days in a row. Plus, don't forget that no recipe is set to stone and

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***you can customize them all
and make them your own
creations by changing
ingredients and removing
or adding spices and
herbs. All 30 recipes are
healthy and delicious and***

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only use ingredients that actually bring some nutrients into our system, from lots of vegetables to fiber loaded flours for dessert. So put your apron on and get cooking because

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healthy and skinny doesn't mean no food, but eating as healthy as possible and in moderation. And Paleo diet in a slow cooker offers you precisely that - healthy cooked food,

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***loaded with flavors and
without hassle or special
cooking skills. Can it be
easier than that?!***

***A Revolution in Eating
Well with 150 Kitchen-
Tested Recipes***

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***Fast & Flavorful Paleo
Cooking***

***100 Delicious Recipes from
Pan to Plate in 30 Minutes
or Less***

***300 Delicious Paleo Diet
Recipes***

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Nom Nom Paleo

Paleo Takeout

***60 Delicious Gluten- and
Grain-Free Recipes Without
the Fuss***

*The popular paleo diet involves
eating more leafy greens, fruits,*

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*meats, and fish, while eschewing
processed foods and dairy.*

Sounds healthy, right? And strict!

Popular blogger Irena Macri

*follows the diet 80 percent of the
time, allowing room for the*

occasional dessert or drink. The

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result? She looks and feels great, but not deprived. More than 100 recipes, beautiful photographs of colorful creative dishes, and can-do messages from Irena make Eat, Drink, Paleo Cookbook a book that appeals to cooks who

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*want to embrace a healthier diet .
. . . most of the time.*

*Clean Paleo One-Pot Meals
makes living the paleo lifestyle
quick and delicious with 100
mouth-watering and family-
friendly recipes that are*

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uncomplicated in both time and preparation. Do you want to cook healthy meals but feel overwhelmed in actually accomplishing it? You start with good intentions but by dinnertime you are tired, out of time,

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uninspired, and just ready to be done with the day. All of your big Instagram-worthy meal plans have flown out the window. Who has time to spend two hours in a hot kitchen chopping, simmering, and then cleaning up? Fast food

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doesn't have to be junk food. Healthy food doesn't have to be complicated or weird. Christina Shoemaker of the beloved blog The Whole Cook proves both in this gorgeous cookbook. You'll find immense satisfaction in

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tossing meat and vegetables on a sheet pan and letting it roast or simply throwing all your ingredients into a soup pot to simmer and serve in 30 minutes. Clean Paleo One-Pot Meals will help you live the paleo lifestyle

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without living in your kitchen.

*Enjoy these and more
mouthwatering recipes free of
grains, gluten, legumes, dairy,
soy, and artificial ingredients:
Fiesta Pineapple Chicken Maple
Salmon with Sweet Potatoes*

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*Sheet Pan Steak Fajitas Lemon
Shrimp Stir Fry No Bean 30
Minute Chili Paleo Pad Thai
Herby Lemon Chicken Soup Beef
Burrito Bowl Enchilada Breakfast
Casserole Chicken Fried
Cauliflower Rice Easy Paleo*

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Chocolate Muffins

*Discover the 101 Flavorful and
Energy-Boosting Paleo Recipes
Best in Shaping Healthier,
Stronger and Happier Paleo-
Nourished Kids By Reading This
Book You Will Learn the Proper*

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*Way of Cooking Paleo Diet
Recipes for Kids This kids paleo
recipes are delicious and
nutritious that your kids will love
All 101 Paleo Diet Recipes are
accompanied By Captivating
Photos! Click the "Buy" button*

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*and Start the Paleo Diet everyday
at Home. There are hundreds of
great recipes out there that run
the gamut from Southern
American cuisine to Far Eastern
delicacies. A few quick
substitutions here and there can*

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make just about any meal a paleo meal. The key to any new meal plan is really to just get going. The beauty of the paleo plan is there are no special meals to buy. Here's a tip: When you make your next trip to the local

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grocery store, shop along the perimeter of the store. The produce and meat sections are usually along the walls of the store and you will find everything you need to make delicious, nutritious, paleo-approved foods.

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These are the foods that pack the most nutritional punch, boosting your overall immunity, strengthening your heart and regulating your blood sugar. Whenever possible, make an effort to buy lean meats, grass-

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fed beef, free-range poultry and wild-caught fish. We all get one go at life. Make sure you have the best chance of maximizing yours by keeping your body functioning the way it was intended to function. Your kids

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*are depending on you to stay in
good health and to keep them in
good health as well. Here Is a
Preview of What You'll Learn
after Getting this book: 101 Kids
Paleo Recipes with Captivating
Images Each recipe in this*

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cookbook is delicious, tasty and easy to prepare. Each recipe is accompanied with captivating, beautiful and colored picture of the final outcome recipe. Step-by-step directions for preparing each of the recipes that makes the

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*process of cooking much easier
and quicker. Ingredient for every
recipe is clearly written and
measurements are given in very
simple and easy to understand
manner. Don't Lose Your Chance
and Join Thousands of Readers*

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Today Before the Price Becomes Higher! Take Action Right Away and Cook your favorite paleo diet recipes for kids at The Comfort of Your Home.

A New York Times cookbook best-seller. Nom Nom Paleo is a

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*visual feast, crackling with humor
and packed with stunningly
photographed step-by-step
recipes free of gluten, soy, and
added sugar. Designed to inspire
the whole family to chow down
on healthy, home-cooked meals,*

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this cookbook compiles over 100 foolproof paleo recipes that demonstrate how fun and flavorful cooking with wholesome ingredients can be. And did we mention the cartoons? Nom Nom Paleo kicks off with a fresh

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*introduction to Paleo eating,
taking readers on a guided tour
of author Michelle Tam's real-
food strategies for stocking the
kitchen, saving time, and
maximizing flavors while
maintaining a Paleo lifestyle.*

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Also, sprinkled throughout the book are enlightening features on feeding kids, packing nutritious lunches, boosting umami, and much more. But the heart of this book are Michelle's award-winning primal Paleo recipes, 50

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*percent of which are brand-new
--- even to diehard fans who own
her bestselling iPad cookbook
app. Readers can start by
marrying their favorite ingredients
with building blocks like Sriracha
Mayonnaise, Louisiana*

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Remoulade, and the infamous Magic Mushroom Powder. These basic recipes lay the foundation for many of the fabulous delights in the rest of the book including Eggplant "Ricotta" Stacks, Crab Louie, and Devils on Horseback.

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There's something for everyone in this cookbook, from small bites like Apple Chips and Kabalagala (Ugandan plantain fritters) to family-sized platters of Coconut Pineapple "Rice" and Siu Yoke (crispy roast pork belly). Crave

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exotic spices? You won't be able to resist the fragrant aromas of Fast Pho or Mulligatawny Soup. In the mood for down-home comforts? Make some Yankee Pot Roast or Chicken Nuggets drizzled with Lemon Honey

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Sauce. When a quick weeknight meal is in order, Nom Nom Paleo can show you how to make Crispy Smashed Chicken or Whole-Roasted Branzini in less than 30 minutes. And for a cold treat on a hot day, nothing beats

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*Paleo-diet-friendly Mocha
Popsicles or a two-minute
Strawberry Banana Ice Cream.
Eating healthy doesn't mean
sacrificing flavor. This book gives
you "Paleo with personality," and
will make you excited to play in*

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the kitchen again.

*Discover the delicious ease of
the Paleo diet with The Simple
Paleo Kitchen, your one-stop
shop for scrumptious meals that
are not only gluten- and grain-
free, but hassle-free as well. With*

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this cookbook, Jessie Bittner has curated a mouthwatering collection of recipes—which can all be tackled in just five steps or fewer—to help save you time in the kitchen without skimping on flavor. From make-ahead

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*breakfasts like Breakfast Burrito
Bowls with Spicy Ranch or
Banana-Blueberry Breakfast
Bread to five-ingredient dinners
like Buffalo Chicken–Stuffed
Sweet Potatoes or a Honey-
Glazed Salmon Dinner and even*

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one-bowl desserts like the decadent No-Bake German Chocolate Cake Bars, Jessie has all your Paleo bases covered for a deliciously minimalist cooking experience. Whether you're constantly on the go, hate the

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hassle of cleaning up a dirty kitchen or are just looking to streamline your lifestyle, this awesome cookbook is your no-muss, no-fuss guide to incredibly easy, incredibly tasty Paleo recipes.

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The Frugal Paleo Cookbook
Quick Prep Paleo
Healthy Gluten-, Grain- & Dairy-
Free Recipes Ready When &
Where You Are
Over 110 Paleo-Inspired Recipes
for Everyone

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The Paleo Chef

Slow Cooked Paleo

*Paleo Cooking With Your Instant
Pot*

It can be pretty
overwhelming to make a
significant lifestyle

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change. For most people who take on the Paleo diet, their biggest concern is the question of "What will I eat?" Even when you understand which foods you can enjoy, and

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which foods you should avoid, the task of actually planning, shopping for, and cooking your meals can still be very confronting. To streamline this aspect of

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committing to eating
Paleo, Bill and Hayley
have created The 30 Day
Guide to Paleo Cooking. In
this book, Bill and Hayley
guide you step-by-step
through your first month

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of following the Paleo diet. They cover everything you need to know to have a basic understanding of why this way of eating is perfect for optimal health. We are

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all designed to be fit,
healthy and happy people,
and following the Paleo
diet is a solid foundation
for a happy, healthy life.
For your first 30 days of
eating Paleo, this book

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includes a complete meal plan broken down week by week. In each week, they provide a detailed schedule of the meals to make, shopping lists that go along with the meal

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plan, and recommended
reading to expand your
knowledge of this
lifestyle beyond the
basics.

Real Food Dinners for Two
helps takes the guess work

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out of creating healthy meals at home. The recipes found in this book are all Paleo-friendly, gluten-free and dairy-free but ingredient substitutions are provided for each

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recipe. The author,
Courtney of the blog LPHJ
Kitchen, was diagnosed
with severe food
sensitivities and had to
give up having "date
nights" out with her

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husband. Instead, she
created their favorite
restaurant meals at home
and made them free from
common allergens. You'll
find over 40 recipes for
popular favorites

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including Chicken Fried
Chicken, Chicken & Veggie
Primavera, Beef Fajitas,
Cashew Chicken, plus sides
dishes and desserts! This
cookbook isn't limited to
just date nights; it can

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be enjoyed by anyone! Grab
your friends, relatives
and even children to have
healthy, flavorful meals
at home!

Paleo on the go--healthy,
budget-friendly meal prep

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for your busy week

Switching to a Paleo diet
doesn't have to mean
spending hours in the
kitchen or purchasing
expensive, difficult-to-
find ingredients. Stay on

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track no matter how busy
life gets with Paleo Meal
Prep. Three step-by-step
meal prep plans--plus a
lineup of delicious
alternate
recipes--optimize your

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time and common ingredients, while the stress-free prep instructions will help you have flavorful, nourishing meals stocked and ready to enjoy throughout the week

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in a matter of hours. From
the principles of the
Paleo diet to the step-by-
step meal prep
instructions, this
complete Paleo cookbook
and meal plan has

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everything you need to eat healthy even on the busiest days. All of the recipes in this book are free of added sugar, grains, dairy, and legumes--so you can focus

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on fresh, whole food ingredients that both nourish and satisfy. Paleo Meal Prep includes: Three lifestyle plans--Find the perfect two-week meal plan, whether you're brand-

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new to Paleo; already
follow the diet as part of
an active, athletic
lifestyle; or are an
experienced Paleo eater.
Paleo recipes
aplenty--More than 50 easy

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recipes for complete
meals, staples, and snacks
let you modify any of the
meal plans to keep things
fresh and tasty week after
week. Meal prep
essentials--Master the ins

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and outs of meal prep,
including best practices
for batch prepping, safe
storage and reheating,
portion control, smart
shopping, and more.

Whether you're new to the

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Paleo lifestyle or you've been following the diet for a while, Paleo Meal Prep is your go-to source to enjoy easy and healthy meals.

The New York Times

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bestselling creators of
Nom Nom Paleo are back
with a new collection of
internationally-inspired,
umami-packed
dishes—including keto-
friendly, Whole30, and

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plant-based recipes! With
step-by-step photos, fun
cartoons, and a dash of
snarky humor, Let's Go!
will have you running into
the kitchen and ready to
cook! Michelle Tam and

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Henry Fong know that the healthiest meal is the one you make yourself, so they're all about getting you off your butts and into the kitchen. Whether you're cooking for

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yourself, whipping up a
family dinner, or
preparing a special-
occasion feast, Nom Nom
Paleo: Let's Go! will
inspire you with
deliciously nourishing

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meals. Weeknight suppers should be healthy and flavor-packed but also fast and simple. Weekends and celebrations, on the other hand, are the perfect excuse to craft

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elevated (but easy!) crowd-pleasers. This cookbook offers crazy-delicious recipes for all occasions, and every single one is free of grains, gluten, dairy, and refined sugar.

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Better yet? No one in your family will notice what's missing! As always, Nom Nom Paleo's recipes reflect the diverse cuisines Michelle grew up with and culinary ideas

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from her travels. Often Asian-inspired, Michelle's unfussy recipes maximize flavor, optimize whole foods, and are presented with photos of each step so they're absolutely

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foolproof—even for novice
cooks! New recipes
include: Cantonese Roast
Duck Nom Nom Chili Crisp
Bacon Cheeseburger
Casserole Chicken Karaage
Instant Pot Balsamic Beef

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Stew Paleo-Friendly Cream
Puffs. So what are you
waiting for? LET'S GO!
Going Paleo or low-carb
but want a twist? Asian
Paleo will satisfy your
cravings! Creator of the

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popular food blog I Heart
Umami, ChihYu Smith
celebrates her Chinese and
Taiwanese heritage and
turns favorite Asian
recipes into healthy,
flavorful Paleo meals. In

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Asian Paleo, she shares 75 fresh, bold recipes inspired by her favorite dishes from China, Japan, Thailand, Vietnam, and beyond. Here, Smith helps readers find the perfect

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dish for any occasion. She includes easy meals, fun and festive weekend options, batch cooking for when there's time to plan, and sides and sauces. You'll want to try them

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all, from Low-Carb Chinese
Scallion Pancakes and
Brisket Pho to takeout
classics like Sweet-and-
Sour Chicken, Kung Pao
Chicken, and sizzling hot
Pepper Steak stir-fry.

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Each dish is free of
gluten, wheat, soy, and
sugar. With a meal prep
section with shopping
lists and make-ahead
instructions, clever tips
and tricks, and vibrant

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photographs for every
recipe, Smith makes
healthy Asian cooking
totally, deliciously
Paleo.

60 No-Fuss Recipes with
Maximum Flavor and Minimal

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Cleanup

150 Fast-to-Fix, Super-
Delicious Recipes for All
Brands of Electric
Pressure Cookers,
Including the Instant Pot
Paleo Super Food Diet

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Plan, Bonus Book New

Edition

Food for Humans

Flavorful Recipes for a
Healthy, Gluten-Free
Lifestyle

80 Incredible Gluten- and

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**Grain-Free Recipes Made
Twice as Delicious in Half
the Time**

**Simple Whole-Food Meals
with 5 to 15 Minutes of
Hands-On Time**

Paleo Home Cooking Flavorful

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*Recipes for a Healthy,
Gluten-Free Lifestyle*
Victory
Belt Publishing

*The fast and easy way to
enjoy a Paleo diet The Paleo
movement is one of the
hottest diet and healthy-
eating approaches, as people*

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discover an appealing and sustainable alternative to the restrictive diets that lead to burnout and failed weight loss efforts. This modern-day take on an ancient diet—which excludes dairy, processed foods, and

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refined sugar—has helped thousands of people lose weight and keep it off. Now, The Paleo Cookbook For Dummies offers more than 100 simple and tasty Paleo recipes for breakfast, lunch, dinner, snacks,

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*desserts, and even
beverages. Includes an
overview of the Paleo Diet,
grocery shopping and pantry
stocking tips, and kid-
friendly Paleo recipes
Offers Paleo recipes for
every meal of the day All*

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*recipes are contributed by
powerhouse Paleo chefs The
Paleo Cookbook For Dummies
gives you
delicious, flavorful, and
easy-to-make recipes for
anyone who wants to enjoy the
benefits of eating the Paleo*

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The idea of cooking in a Dutch oven is quickly becoming a lost art. The ability to mimic the skills needed to create recipes in a cast-iron pot heated over hot coals is not seen very

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often today. Yet, only with that style of cooking can you duplicate the unique flavors and mouth-watering meals that dominated the lives of people several generations removed. Today, most of us cook indoors in

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*electric or gas powered
stoves and newfangled
kitchen gadgetry and the
true art of meal preparation
mingled with the natural
environment has been pushed
aside and left to the likes
of outdoorsmen, campers, and*

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perhaps a few hobbyists on the side. But you'll quickly find out through the pages of this book that you're missing out on some delightful treats and a great deal of fun at the same time! Paleo diet is one

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*of the most popular and
practiced diets today. It
may be the diet used by our
cavemen ancestors thousands
of years ago but it is
gaining recognition today
because of the benefits for
our health and well-being.*

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It can lower the risk for various diseases and increase the resistance of your immune system. By using protein rich, natural ingredients and paleo-friendly alternatives, you can have a diet that has all

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the advantages of diets today without the many drawbacks. It can reduce fat while creating building mass. It is healthy without sacrificing flavors.

Ingredients are available in your average grocery and

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supermarket. This book contains a wide range of recipes for beef, chicken, fish, seafood even breakfasts, snacks and desserts. Aside from that, it will provide you with other food options that are

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still paleo friendly. Useful tips on taking care of your skillet are also included in the last section.

Bold Korean Flavors Without the Guilt Enjoy healthier versions of all your Korean favorites with Jean Choi's

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*innovative spin on her
family's traditional
recipes. Jean—a certified
Nutritional Therapy
Practitioner and the founder
of What Great Grandma
Ate—shares “Paleo-fied”
versions of authentic meals*

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*from her family's cookbook.
These include gluten-,
dairy- and grain-free takes
on classic Korean dishes
like Bibimbap (a savory
steamed rice and marinated
vegetable dish), Bulgogi
(tender barbequed beef),*

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Quick Kimchi (a traditional spiced-vegetable side), plus so much more. Whether you're on a strict Paleo diet or simply searching for a way to make your typical takeout order healthier and at home, this book ensures that your

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*Korean cravings will never
go unsatisfied again.*

*Acclaimed international chef
and television personality
Pete Evans takes a whole new
approach to making gluten-
free, grain-free, and dairy-
free, completely Paleo*

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recipes that are worthy of a restaurant but effortless to prepare. More and more people are discovering the health benefits of the Paleo lifestyle by cutting out processed, sugary foods and instead eating quality

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proteins and fats, fresh vegetables and fruits, and nuts and seeds. However, following this way of eating doesn't mean sacrificing flavor or spending a long time in the kitchen. In The Paleo Chef, Evans provides

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*more than 100 recipes for
gorgeous food that is
satisfying, distinctive, and
good for you, including Kale
Hummus, Vietnamese Chicken
Wings, and Key Lime Tart.
Each and every one of
Evans's innovative recipes*

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pops with flavor and is brought to life with stunning, full-color photography. Living-and eating-the Paleo lifestyle has never been so effortless and so delicious.

The Big Book of Paleo

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Pressure Cooking

Fast, Flavorful Meals

Straight from the Freezer

Make-Ahead Paleo

Quick, Flavorful Paleo Meals

for Eating Well [A Cookbook]

Clean Paleo One-Pot Meals

Over 80 Traditional Recipes

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*Made Grain and Gluten Free
Quick & Easy Paleo Comfort
Foods*

**Make Delicious Paleo Meals
From Scratch in Half the Time
Slow cook, steam, sauté and
pressure cook all with one pot.**

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Jennifer Robins, creator of Predominantly Paleo and bestselling author, will show you how to drastically cut cooking time for your Paleo dishes in your Instant Pot®. Recipes include Decked-Out

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Omelet, Legit Bread Under Pressure, Honey Sriracha Chicken Wings, Pressure-Cooked Sirloin Steak and Hidden Spinach Bundt Cakes. Whether you're new to the Instant Pot® or a seasoned

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pro, Paleo Cooking with Your Instant Pot® will show you everything this cooker is capable of and help you prepare healthy, delicious meals in no time.

The One-Pan Solution to

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Making Healthy Paleo Meals
Every Day Get nutritious Paleo
meals on the table faster and
easier than ever before with
these fantastic sheet pan
recipes. Jennifer Bumb of
Pretend It's a Donut shares a

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diverse array of hands-off choices, from breakfasts to main meals to sides and desserts, that all cook on one pan—all you need to do is pop it in the oven! Spice up your weeknight with suppers full of

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healthy fats, lean proteins and hearty vegetables like Fajita Meatballs with Squash and Cilantro-Lime Dressing, Mediterranean Pizza and Apple-Dijon Stuffed Pork Loin. Have breakfast ready in a flash

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with filling Paleo dishes like Tomato-Basil-Bacon Frittata and Heavenly Blueberry Pancakes, which are perfect for busy mornings. And don't forget to try crowd-pleasing sides like Broccoli Tater Tots

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and Spicy Crispy Green Beans
with Pancetta. Because
everything fits on a sheet pan,
these set-it-and-forget-it meals
will have you out of the
kitchen and back about your
day in no time. Whether you're

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new to Paleo, a longtime devotee or simply trying to incorporate healthier choices into your weekly meal rotation, The Paleo Sheet Pan Cookbook is the solution your busy lifestyle needs.

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Incredible Paleo Meals Don't
Have to Be a Labor of Love
Amanda Torres, author of
Latin American Paleo Cooking
and founder of The Curious
Coconut, simplifies the Paleo
diet with these quick and

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delicious gluten- and dairy-free
recipes. This mouthwatering
collection will help you
conquer Paleo cooking any day
of the week. Her recipes focus
on what Paleo should be—a
variety of colorful vegetables

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and fresh meats. No finicky or extravagant Paleo-ified replacement meals, no hard-to-find specialty ingredients, no special occasion treat recipes—just the backbone of a healthy, wholesome, nutrient-

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dense diet. This book teaches you how to cook a ton of commonly available vegetables in a way that you and your family will actually want to eat (and ask for seconds). Amanda's cooking isn't "good

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for being Paleo,” it’s good food, period. Helpful charts also pair side dishes with mains that have similar cooking times and preparation methods, so you can batch cook and make a whole meal,

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all at once, using only your stove—no other appliances needed. Making healthy, tasty meals just got a whole lot easier (and faster) thanks to this much-needed guide to simple and vibrant Paleo

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cooking.

The Big Book of Paleo
Pressure Cooking is the only
pressure cooker cookbook that
both fits your diet and works
with all brands and models of
pressure cookers. Paleo

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practitioners want fresh, healthy, and tasty home-cooked meals like anyone else, but often find themselves spending too much time in the kitchen. That's where the power of the electric pressure

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cooker comes in! Pressure cookers lock in freshness, flavor, and nutrients and—above all—they get dinner on the table fast. Paleo blogger and cookbook-writing veteran Natalie Perry is here

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to show you that you can get the same fix-and-forget convenience of slow cooking without the long hours of waiting with The Big Book of Paleo Pressure Cooking. This new book is the result of her

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prodigious research and testing on how to cook paleo and primal foods in electric pressure cookers. The heart of the book lies in 50 exquisite, protein-rich main courses, including Green Chile

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Shredded Beef, Mango BBQ
Pulled Pork, and Shredded Red
Curry Chicken with Sweet Thai
Slaw. Natalie also serves up
more than two dozen
comforting and flavorful soups
and stews, appetizers, side

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dishes, sauces, plus a chapter exclusively focused on shortcut dinners and desserts! The Big Book of Paleo Pressure Cooking goes beyond simply providing step-by-step instructions; Natalie provides

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guidance on properly
preparing your paleo treasures
and how to maximize your
bounties in InstantPots and
other electric pressure
cookers. So what are you
waiting for? Grab the coconut

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milk, almond meal, and
cauliflower, flick on the
pressure cooker, and get
cooking!

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Food Plan, Bonus Book (Paleo
Diet Series) IMPROVE WITH

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a Healthy Life Style. Special
Bonus: 397 pages of Paleo

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Questions About the Paleo
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concepts of the Paleo Diet
Meal Plan Framework? What
are the key assumptions of the

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Paleo Diet Meal Plan

Framework? What are the key values of the Paleo Diet Meal Plan Framework? Each Paleo Meal is accompanied by Captivating Photo and Nutrition Facts Which Will

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Show You The Number of Servings per Recipe, Calorie Information, Total Fat, Total Protein, Total Cholesterol and total Carbohydrate information. The Normal Price is \$2.99 For the Paleo Diet

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Benefits of the Paleo Diet It is
easier to meet nutrient goals.
You will eat more fruits and
vegetables. Elimination of
processed foods and refined

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gut health Increased fiber
consumption Increased energy
Leaner muscles No counting
required Improved blood lipids
Here is A Preview Of What
You'll Learn After

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Very Delicious 12 Lunch Great
Meals 12 Dinner Fantastic
Meals This book contains
proven steps and strategies on

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how to prepare and enjoy delicious Paleo dishes right in the comforts of your own home. This book will help you cook easy Paleo dishes without the jargon. It also discusses the proper way of serving the

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dishes in a traditional Paleo way. You no longer need to spend a lot of money eating in restaurants to enjoy the exquisite flavors of the Paleo cuisine. The recipes included in this book are very easy to

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follow and fun to prepare so
you will not have any more
reasons not to get started with
Paleo cooking. The Author
Created A Website to Find
Different Paleo Food If You
Can't Find Them at the

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Market. What are Superfoods
and how they work in the
Paleo diet 10 steps you can
take to start eating Paleo
Accept the fact that you will
have to cook at home and plan
accordingly Start integrating

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Paleo meals into your diet a little bit at a time. Budget for the full Paleo diet (Check Out The Website in the Book.) Give your kitchen a thorough cleaning out Learn to meal plan Buy organic whenever

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slump Learn from others Don't
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standard You'll Find The
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Cooking Book. Each recipe in this cookbook is healthy, tasty and easy to prepare. Each recipe is accompanied with captivating, beautiful and colored picture of the final outcome recipe. Step-by-step

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directions for preparing each of the recipes that makes the process of cooking much easier and quicker. Ingredient for every recipe is clearly written and measurements are given in very simple and easy

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to understand manner. The navigation between the recipes has been made super easy. The cookbook comes with Linked table of contents which made jumping to your preferred and desirable recipe

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very easy by just clicking on the recipe. For a full list of what you can see inside, scroll up and click on the look inside feature and check out the Table of Contents!
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Recipe Cookbook

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More Paleo Recipes for People
Who Love to Eat
Paleo Meal Prep
You know how it is: some days,
you're fired up and ready to
cook; other days, you dread the

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thought of making dinner. More often than not, you find yourself floating somewhere between inspiration and desperation. What's a crazy busy (but kind of lazy) home cook to do? The answer: pick up this book.

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Ready or Not makes healthy Paleo home cooking a breeze, no matter if there's time to prepare or just minutes to spare. Whether you're a fastidious planner or a last-minute improviser, you'll find

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plenty of deliciously nourishing options, from make-ahead feasts to lightning-fast leftover makeovers. Presented in Nom Nom Paleo's deliriously fun comic book style, Ready or Not makes Paleo cooking easy, no

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matter how much time you have. In fact, this cookbook is organized into color-coded sections to match your readiness level: GET SET! First, stock your kitchen with essential building blocks--from

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store-bought necessities to
D.I.Y. ingredients that'll set you
up for anytime cooking.

READY! Got time to cook? Turn
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meals and spectacular dishes
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Semifreddo! KINDA READY!

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the most discriminating palates.
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can be delicious, too. In this section, you'll find super-fast recipes like savory stir-fries and sheet pan suppers. Along with colorfully written and gorgeously photographed step-by-step recipes presented in a

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cheeky cartoon format, Ready or Not features kitchen hacks, Paleo ingredient guides, meal plans, shopping lists and more! Simply put, the Paleo diet is the diet that humans were intended to eat. Low carb, high protein,

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and full of wholesome, natural foods, the Paleo diet has gained rapid popularity for those who truly savor good cooking, but no longer want to be weighed down by processed or unhealthy food. THE PALEO

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COOKBOOK simplifies the transition into the Paleo lifestyle. This comprehensive cookbook has 300 mouthwatering recipes for every meal and occasion, all gluten free and full of whole,

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unprocessed ingredients. Start feeling better and get fit today with: *300 Paleo recipes for every meal plan * Comfort foods to please the entire family, like Paleo Lasagna or Caveman Chicken Nuggets *

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Chocolate Cake, and Paleo
Chocolate Chip Cookies

About the Author Julie and
Charles Mayfield began living
the Paleo lifestyle in 2009. They
brought their love of home
cooking and the Paleo

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movement to the masses through their first book, Paleo Comfort Foods. They work closely with clients at their gym, Atlanta Strength and Conditioning, to promote healthier cooking and lifestyle

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authors of the breakout success
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fans another serving of 100
Paleo recipes that are easy,
healthy and irresistibly
delicious. The wildly popular
Paleo movement continues to
gain momentum as millions of
people discover the undeniable

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health benefits and effortless fat loss that comes with eliminating gluten, legumes and dairy from their diets. This gorgeous, four-color cookbook provides an impressive selection of Paleo recipes that

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are not only healthy and delicious, but quick and easy to prepare. The tips and recipes in this book will transform favorite dishes and go-to comfort foods into healthy, gluten-free meals that readers can enjoy even on

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the busiest weeknights!

Save Money & Stay Gluten-Free
with These Easy, Delicious
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Paleo diet, one of the biggest
concerns isn't the variety but
the price. Luckily, Ciarra

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Colacino, creator of The Colacino Kitchen, has over 100 easy, wallet-friendly Paleo recipes that will feed the whole family. And this expanded edition includes 25 delicious new recipes that you can add to

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your weeknight rotation. Ciarra uses flavorful but less expensive cuts of meat in traditional yet approachable cooking methods and shares her roll-forward technique for creating multiple dishes to

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maximize your time in the kitchen. You'll love her keys to budgeting, tips for making items ahead of time, 5-ingredients-or-less seasoning blends and other money-saving pointers. Ciarra offers an

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incredible and practical
selection of Paleo dishes for
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Stupid Easy Asian Beef,
Chicken and Chorizo Stew and
Tater Tot Casserole with Sweet

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Flavorful, quick, and easy everyday dishes that will please the entire family without requiring hours in the

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kitchen—from main dishes, such as Shepherd's Pie and Maple Balsamic Pulled Pork, to make-ahead sides and salads to last you all week, to yummy appetizers, including Sonia's unique take on Prosciutto e

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Melone, as well as several soul-warming soups and stocks.

Easy recipes to help you stay away from junk-filled store-bought condiments, such as salad dressings, BBQ sauce, mayonnaise, and spice mixes.

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An entire section dedicated to homemade nut butters, complete with useful tips and a troubleshooting guide. You'll soon be making your very own nut butters at home, from the very basics, like raw cashew

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butter, to crazy-intricate flavor creations, like Smoky Bacon, Dark Chocolate, and Toasted Almond. Totally refined sugar-free desserts and indulgences that use nothing but natural sugars such as

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maple syrup, honey, and dried fruit. You will even learn how to make your own naturally sweetened chocolate chips. Several useful guides to help you stock your kitchen with Paleo-approved ingredients and

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indispensable kitchen tools

Well Fed 2

100 Super Easy, Super Fast
Recipes

Paleo Diet for Kids

Paleo Baking at Home

Delicious Easy Recipes to Cook

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and Eat at Home That Restore
Health and Lose Weight
Let's Go!

The Paleo Cookbook

A quick flip through the pages of
this elegantly designed
cookbook will convince you that

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eating healthy, wholesome food doesn't mean that you have to sacrifice pleasure or flavor, and that making delicious food from scratch doesn't have to be complicated. In fact, you'll probably find that eating healthy

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is quite fun and rewarding!

Every recipe in the book is brilliantly illustrated, and the photos won ' t fail to make your mouth water. Whether you are just starting to explore the Paleo lifestyle or have long mastered

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the art of following its guidelines, this book will inspire you with: More than 150 grain-free, gluten-free, dairy-free recipes explained by a real person, in a real kitchen, using nothing but real, unprocessed

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food. Flavorful, quick, and easy everyday dishes that will please the entire family without requiring hours in the kitchen—from main dishes, such as Shepherd ' s Pie and Maple Balsamic Pulled Pork, to make-

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ahead sides and salads to last you all week, to yummy appetizers, including Sonia ' s unique take on Prosciutto e Melone, as well as several soul-warming soups and stocks. Easy recipes to help you stay away

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from junk-filled store-bought condiments, such as salad dressings, BBQ sauce, mayonnaise, and spice mixes. An entire section dedicated to homemade nut butters, complete with useful tips and a

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troubleshooting guide. You ' ll
soon be making your very own
nut butters at home, from the
very basics, like raw cashew
butter, to crazy-intricate flavor
creations, like Smoky Bacon,
Dark Chocolate, and Toasted

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Almond. Totally refined
sugar-free desserts and
indulgences that use nothing but
natural sugars such as maple
syrup, honey, and dried fruit.
You will even learn how to make
your own naturally sweetened

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chocolate chips. Several useful guides to help you stock your kitchen with Paleo-approved ingredients and indispensable kitchen tools

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to Eat Healthy at Work, Home,
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Cakes, Bars, Breads and More
Damn Delicious

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