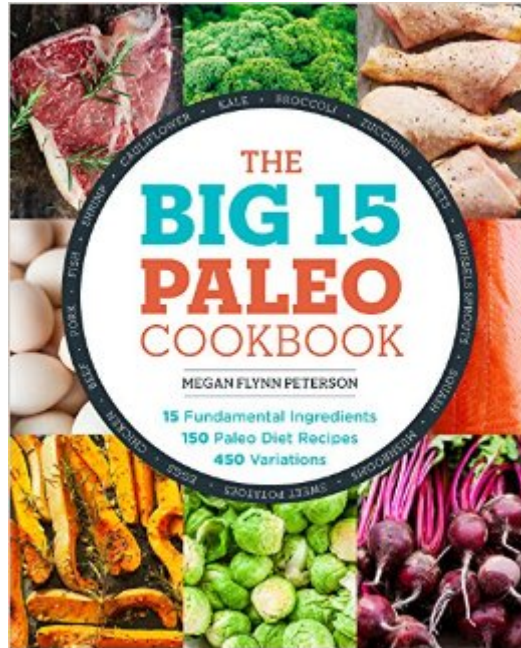


The book was found

The Big 15 Paleo Cookbook: 15 Fundamental Ingredients, 150 Paleo Diet Recipes, 450 Variations



Synopsis

Your No-Fuss Handbook for Paleo Recipes to Keep You Satisfied Every Day! Going Paleo doesn't have to mean going crazy. Wasting time, energy, and money on expensive ingredients and difficult recipes is the last thing anyone needs when trying to adopt a new way of eating. The Big 15 Paleo Cookbook offers the exact opposite: fantastic recipes that won't break the bank or take over your life. With over 150 Paleo recipes that are well rounded, easy, and delectable, you'll never have to wonder what to cook. In each of the 15 chapters you'll find 10 must-make recipes based on one of the 15 foundational Paleo ingredients, along with a couple of variations to give you even more options. Many dishes can be paired to create larger meals based on whatever ingredients you already have on hand. And with labels that indicate which recipes are dairy-free, nut-free, vegan, and those that can be made in 30 minutes or less, Paleo cooking is virtually stress free. KEEP IT SIMPLE No-fuss recipes with ingredients that are easy to find any time of year make cooking Paleo stress-free, while suggested variations on each recipe add exciting seasonal or international influences. FAMILY FAVORITES Author Megan Flynn Peterson, of the popular blog Freckled Italian, shares some of her family's most-loved recipes, as well as the staple dishes that you can always find in her kitchen. MIX IT UP Rather than learning to cook a select few recipes, this cookbook provides the learn-by-doing fundamentals of cooking and eating Paleo, enabling you to cultivate your own repertoire of fun, innovative Paleo recipes. Baked Eggs in Tomato Sauce * Prosciutto Wrapped Chicken Thighs * Burger Bowls * Bãhn MÃ- Tacos * Fish Stew * Coconut Shrimp with Mango Sauce * Cauliflower Fried Rice * Sausage and Kale Soup * Crustless Broccoli Torte * Stuffed Squash * Beet-Noodle Salad * Curried Sweet Potatoes * and much more!

Book Information

Paperback: 238 pages

Publisher: Rockridge Press (August 16, 2016)

Language: English

ISBN-10: 1623157692

ISBN-13: 978-1623157692

Product Dimensions: 8 x 0.6 x 10 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars! See all reviews! (16 customer reviews)

Best Sellers Rank: #6,164 in Books (See Top 100 in Books) #13 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #15 in Books > Reference > Encyclopedias &

Subject Guides > Cooking #15 in Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference

Customer Reviews

I LOVE. THIS. BOOK. 3-4 years ago, Megan was actually the one who got me into paleo. I had a weird relationship with the diet, mainly because I was always tempted by paleo "frankenfoods" - ie. brownies made with coconut flour and pancakes made with arrowroot. They were, quite frankly, disgusting and nothing near the original. It made me leave the diet and, while I've always But this book? This book solves all of those problems. It puts easy to make, flavorful and interesting dishes that aren't complicated right in the palm of your hand. Megan organizes the book into 15 different "staples" of the Paleo diet. These include protein like pork, chicken, eggs and beef as well as side dishes including brussel sprouts, sweet potatoes and beets. Throughout the book, there are "Paleo pairings" helping you pick out what the best side dishes are for certain proteins and vice versa. Additionally, each recipe has two variations that you can use - making the dish interchangeable and full of variety. The good part about this is none of these recipes include some of these paleo "frankenfoods" - they're straight-forward and clean. I'm ALWAYS on the internet looking for new recipes and I was truly surprised to realize that I hadn't seen most of these recipes before! So, if you're nervous about buying a cookbook with recipes you can just find online, then don't be. The recipes are clean, healthy and flavorful and you probably won't even notice that you are eating "paleo" (and you can even add in some non-paleo recipes easily if you want, like rice and soy sauce). Seriously, these recipes will pay you back in dividends - there is so much variety!! would highly recommend this book! I was NOT given a free copy for this review - I bought it and truly love it.

My boyfriend and I have tried the anti-paleo diet for the last year, which involves stuffing your face with as much sugar, dairy and pasta as possible and never leaving the couch. Delicious, but now none of our clothes fit. This book is a great inspiration for us to get back into cooking and following a healthier lifestyle. Lots of delicious options using some of my favorite meats and veggies! Megan's book offers practical recipes for anyone interested in eating healthier, paleo or not. I'll miss you though, non-paleo brownies.

When I first looked at the Big 15 table of contents which is organized into 15 Paleo ingredients I thought "I hate most of these." Cauliflower? No. Beets? Nope. Sweet potatoes? Yeah, still no.

BUT. I read through a number of the recipes and bookmarked so many. I was really inspired by Megan's story of how she became a Paleo eater and how discovering Paleo helped her fall in love with food again. I don't know if I am ready for the Paleo lifestyle just yet (probably should work on those ingredient dislikes first!), but these recipes look incredible and I cannot wait to try them! The book itself is very well designed and organized, and I love how each chapter is organized by ingredient. The variations for each recipe are clever and unexpected, too! (I received this book for free in exchange for my honest and unbiased review.)

Wow -- after looking through many Paleo cookbooks, this is one I know I will use frequently. The recipes are simple, and then the author adds extra ways to vary the recipe or to enhance it or ideas of what to serve with it. Terrific book! Very happy I purchased it.

Megan's book makes it easy for those who aren't Paleo but are interested in the diet. I really love that it's divided up by the 15 top ingredients of a Paleo diet and I have to admit that I really enjoyed the Beef section, Squash section and the Brussels Sprouts section. Also, spiralized noodles is something I must add to my repertoire.

You would be hard pressed to not be able to find a recipe in here you wouldn't want. The simplicity of each recipe along with the numerous variations makes this a great cookbook to use. I do not follow a paleo diet fully, but by just using this cookbook I am cooking healthier and way tastier dinners.

This is the perfect book for beginners to the Paleo diet or the seasoned veteran! Megan breaks down the Paleo diet into 15 main ingredients and provides simple recipes that anyone can follow. There are no special tools or ingredients needed to make recipes work. She gives a simple explanation of the Paleo diet at the beginning as well as what foods are allowed and not allowed so the beginner can get started quickly. Best of all: you won't feel like you're compromising by following this cookbook. The recipes in The Big 15 Paleo Cookbook make some of the best meals I've ever had and follow the spirit of the Paleo diet; you will not find recipes that try to force Paleo ingredients into otherwise non-Paleo foods. One thing I've found in Megan's cookbook that I don't find in others is the stories or backgrounds with each recipe. Some pages give a glimpse into the author's life while others offer suggestions about how to prepare or serve the dish. I recommend this book to anyone who is interested in getting started with the Paleo diet or Paleo experts looking for hundreds

of simple, delicious recipes!

[Download to continue reading...](#)

Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) The Big 15 Paleo Cookbook: 15 Fundamental Ingredients, 150 Paleo Diet Recipes, 450 Variations Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Paleo Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) KETOGENIC DIET: KETOGENIC DIET FOR BEGINNERS: KETOGENIC COOKBOOK: 450 Best Ketogenic Diet Recipes (keto, keto clarity, ketosis, ketogenic desserts, ketogenic ... diet plan, ketogenic diet for weight loss) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) CROCK POT: 450 Easy Crockpot Recipes (crockpot cookbook, slow cooker recipes, crock pot

meals, paleo, vegetarian, crock pot, crock pot cookbook, crockpot freezer meals, slow cooker cookbook) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet)

[Dmca](#)