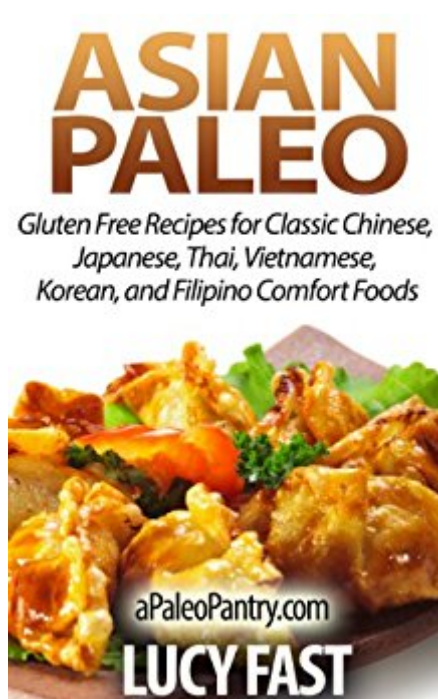


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# Asian Paleo: Gluten Free Recipes For Classic Chinese, Japanese, Thai, Vietnamese, Korean, And Filipino Comfort Foods (Paleo Diet Solution Series)



## Synopsis

\*\*\*\* #1 Best Seller in Wok Cookery & Pacific Rim Cooking! \*\*\*\* Just to say Thank You for checking out this Book I want to give you a copy of my upcoming book Paleo Pantry: The Beginner's Guide to What Should and Should NOT be in Your Paleo Kitchen. Go to [aPaleoPantry.com](http://aPaleoPantry.com) to reserve your FREE copy! Most of us never try to cook our own Asian food at home since there's usually a plethora of dine-in or take-out options near our hometowns. Gone are the days when the Chinese restaurant was the only Asian place in town; Millennials now have their choice of Japanese/sushi bars, Thai, Vietnamese, Korean barbecue, even Mongolian and Vietnamese fare! While these restaurants offer much in the way of deliciousness, they often cater to the American palate and the American diet. Dishes are filled with sugars, syrups, and starches, which don't correspond with a Paleo-style eating plan. Never fear, *Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods* is here! In this book, you'll find:

- The benefits of shopping at your local Asian market
- The final word on Miso (guess what it IS Paleo-friendly)
- Quick and Easy ways to make delicious Asian food at home (including a great Rice substitute)
- Authentic recipes that are true to their native roots (Like Adobo and Curried Coconut Crab straight from the Philippines)
- Dishes from China like Sesame Noodles and Dumplings (Yes you CAN have Dumplings we weren't just teasing you with the cover image!)
- Japanese Food like Beef Tataki and Yakitori
- Thai favorites like Som Tam (Green Papaya Salad) and Pork Pad Thai
- And much more! Grab your wok and some chopsticks and let's get to eating! Just scroll up and get your copy of *Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods* today!

## Book Information

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## Customer Reviews

Good ideas on how to make Asian food Paleo-friendly. Looking forward to trying the Cauliflower Rice and the Tom Yom Soup. I see Lucy Fast has some more Paleo books, so I'm going to check those out as well. Thanks!

I made the Bi Bim Bap and mixed it with the Cauliflower Fried Rice and served it in a lettuce wrap. My husband and I both liked it and will make it again. I didn't have coconut aminos, so I used tamari.

I have a lot of Lucy Fast's books now and I LOVE every single one of them. I love cook books especially ones that eliminate wheat (I'm not a religious paleo follower but love all recipes books that are gluten free)I love the way Lucy writes! The recipes are mouth watering but also easy to follow. The beef tataki was amazeballs! YUM! I cant wait for lucy's next book.

If you are an ethnic food lover like I am, you'll enjoy recipes in this book. It has many easy recipes for Chinese, Vietnamese, Japanese, Thai, Korean foods and more. Most of the ingredients can be purchased at regular super markets and more exotic items can be bought easily at various Asian markets or online. I am a big fan of miso soup, it was good to learn that due to its fermentation process, miso based dishes are Paleo approved. Yum!

Not worth the money! Mediocre and inauthentic recipes and not very many for the price. I bought her Mexican version also, but before it arrived i ordered this before seeing how poorly the content is done. Serious question as to where the many stars come.

I'm a big time asian food lover and this book is perfect. I like how the author share some shopping tips for buying at "asian supermarkets", which can be pretty confusing for a newbie. She also includes a wide variety of dishes ranging from: Chinese, Japanese, Thai, Viet, and more.. Yum lots of different cuisines to try!

Lucy did it again, after Mexican Paleo and Italian Paleo, now it's Asian cooking adapted to the paleo diet. All the recipes look delicious. I can't wait to try the beef tataki and the pork pad thai. I really like that all the recipes are separated between Chinese, Japanese, Thai, Korean and Philippino flavours. Well done!

Anyone who enjoys asian food or wants to try asian food will love this book. Its a well written book with cuisines from chinese, Japanese and other countries. The ingredients are easy to find and the book is written in a easy to follow and step by step way which anyone can make and enjoy

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