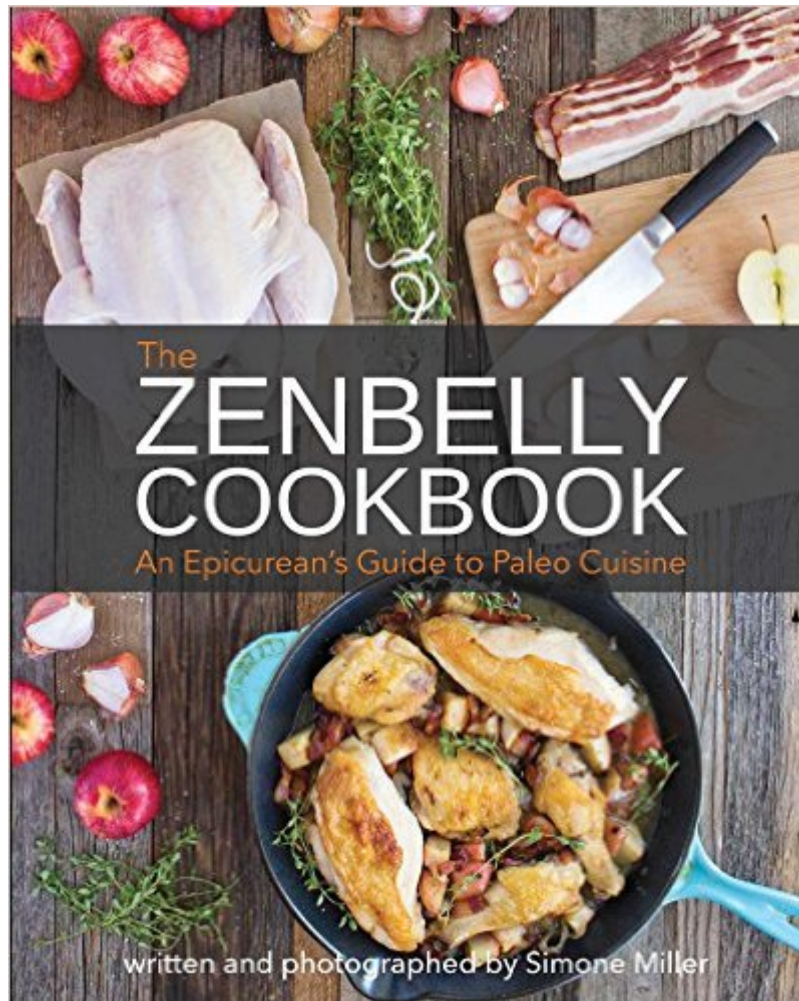


The book was found

# The Zenbelly Cookbook: An Epicurean's Guide To Paleo Cuisine



## Synopsis

The Zenbelly Cookbook bridges the gap between the Paleo template and gourmet cuisine. With a focus on quality ingredients, technique, and balancing flavors, this book will take the reader on a journey that will leave any feeling of restriction behind. With over 100 real food recipes, The Zenbelly Cookbook covers every course and occasion; from simple weeknight meals that can be made for the family in under 30 minutes, to elegant multiple course dinners that will impress any guest. The Zenbelly Cookbook will also offer entertainment tips such as: what can be made ahead, shortcuts that don't sacrifice quality, and menu suggestions. The goal of The Zenbelly Cookbook is to make incredible, professional quality food accessible to the home cook. Each recipe has a beautiful image of the ingredients laid out, which helps the reader easily see the before and after. Written with the novice home cook in mind, it includes foolproof instructions. However, the flavor combinations and creativity of the book make it a great choice for the more seasoned cook, as well.

## Book Information

Paperback: 256 pages

Publisher: Victory Belt Publishing (August 12, 2014)

Language: English

ISBN-10: 1628600217

ISBN-13: 978-1628600216

Product Dimensions: 8 x 0.9 x 10 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (187 customer reviews)

Best Sellers Rank: #39,690 in Books (See Top 100 in Books) #23 in Books > Cookbooks, Food & Wine > Cooking Methods > Gourmet #57 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Seasonal #86 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

## Customer Reviews

Just got my copy today, so full disclosure: I haven't actually made anything yet. But, I LOVE this cookbook. As an experienced cook with an extensive cookbook collection, I've become very careful about which cookbooks I'm willing to purchase to take up valuable space in my library. I've been disappointed in the past and in an effort to streamline have donated or sold entire shelves worth of cookbooks. So, it was with a certain amount of trepidation that I ordered this cookbook sight unseen. I just love it, and here's why: 1. The photography is beautiful and inspiring. A must for me. 2.

There's information in here that can actually teach even experienced cooks.<sup>3</sup> There's great paleo recipes that aren't your usual "pot roast with turnips instead of potatoes or roasted chicken with chili marinade." I've spent a good part of the day looking through this book and there's tons of recipes I can't wait to make. What I'm excited about are there are unusual (but not weird) combinations that I wouldn't have thought of, e.g., cauliflower soup with lime/roasted sunchoke/lamb stew with tomatoes, olives, citrus, etc.).<sup>4</sup> Ms. Miller gets that folks trying to go paleo miss "crunch." I cannot wait to try to plantain shoestring fries (!!!), plantain tortillas, and her recipes for crackers looks great too. Also in the bread/crunch category of things I haven't successfully let go of: pizza. She swears her crust recipe is approved by New Yorkers, and I'm going to give it a try this week.<sup>5</sup> I love the suggested menu combos in the back of the book. I'll update my review when I've made 5 things, but, I will say, this is the first cookbook review I've ever written, and I have over 100 cookbooks (I've pared down!).

[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 Zenbelly Cookbook: An Epicurean's Guide to Paleo Cuisine 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: 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: 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: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) 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 Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) 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: 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: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet (Paleo Cookbook, Slow cooker recipes, 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 Autoimmune Paleo Cookbook: Mouthwatering Recipes to Reverse Autoimmune Disease and Heal your Body (Paleo Cookbook, Autoimmune Solution, Autoimmune Protocol, ... Weight Loss, Autoimmune Paleo Cookbook) Asian Paleo: 30 Minute Paleo! Your Complete Guide to Delicious, Healthy, and Gluten Free Asian Paleo in 30 Minutes or Less (Asian Paleo Guide - Thai, Japanese, ... Korean, Filipino, and Vietnamese Recipes) 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) Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) Paleo Ketogenic Vegan Smart Moves: Avoid Dieting Mistakes (Paleo Ketogenic Vegan Diet, Paleo Ketogenic Vegan for Beginners, Diabetes Diet, Anti-inflammatory ... - Diet and Nutrition - PALEO Book 7) The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker (Paleo Series)

[Dmca](#)