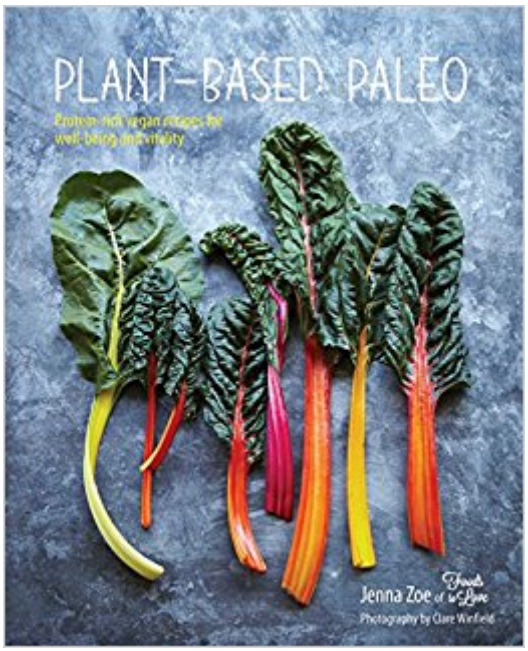
Ebook Directory
the best source of ebook

The book was found

Plant-based Paleo: Protein-rich Vegan Recipes For Well-being And Vitality



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Sources say that before our ancestors learned to hunt, they ate a raw diet comprised of what they could gather in the wilderness. The plant-based diet gave us everything we needed then, and it does now! Plant proteins are easier for the body to absorb than animal proteins. A plant-based diet provides 10Ã¢â ¬â œ15% of calories from protein, a safe intake for a healthy human. When eating a raw diet, nuts, sprouts, seeds, sprouted grains and leafy greens are examples of foods that are especially protein-rich. Recommended calcium intake is more healthfully achieved by eating leafy green vegetables like kale, and other calcium rich non-dairy foods like broccoli, seaweed, sesame seeds, and sprouted quinoa. Plants absorb calcium from soil; animals eat these plants to satisfy their hunger and nutrient needs. A plant-based diet goes straight to the source for healthy, easily absorbed calcium and much more. Jenna has created recipes to be enjoyed at any time of the day. Try Hemp Tabbouleh with Mint and Pomegranate, Kale Caesar Salad, Sweet Potato Gnocchi, Grilled Romaine Hearts with Ranch Aioli, Portobello Pizza Caps, Mango-Avocado Rolls, Raw Vegan Taco Salad, Cauli-Pops, Eggplant Ã¢â ¬Ëœbacon Ã¢â ¬â„¢, Raw Pad Thai, Green Curry with Jicama Rice, and for a sweet tooth Homemade Coconut Yogurt or Mango & Blueberry Tart.

Book Information

Hardcover: 144 pages
Publisher: Ryland Peters & Small (February 12, 2015)
Language: English
ISBN-10: 1849756120
ISBN-13: 978-1849756129
Product Dimensions: 7.5 x 9.2 inches
Shipping Weight: 1.4 pounds (View shipping rates and policies)
Average Customer Review: 3.6 out of 5 stars 21 customer reviews
Best Sellers Rank: #69,533 in Books (See Top 100 in Books) #32 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Raw #189 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Gluten Free #190 inÃ Â Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

Discover how our ancestors ate with more than 60 inventive and exciting,easy-to-prepare vegan paleo recipes that use a wide range of foragedingredients including seeds, sprouted grains, fruits and vegetables. Plant-based Paleohelps you understand the paleo approach to vegan nutrition

andcreate clean foods that your body will harness for sustenance, well-being and vitality. Humans are the only animals who cook their food. Sources saythat before we learned to hunt, we ate a raw diet comprised of what we couldgather in the wilderness. The plant-based diet gave us everything we neededthen, and it does now! Plant proteins are easier for the body to absorb thananimal proteins because they have far less saturated fat and are high incalcium, absorbed from soil. Plant-based paleo goes straight to the source for this and much, much more, to unlock the nutritional secrets of the past to lead to a naturally healthier future. Jenna Zoehas created recipes to beenjoyed at any time of the day. Try Hemp Tabbouleh, Kale & Avocado Salad,Sweet Potato Gnocchi, Raw Sushi, Cauli-Pops, Eggplant 'bacon', Raw PadThai, Green Curry with Jicama Rice, Coconut Yogurt or Mango Blueberry Tart.

Jenna Zoe is the founder of Foods To Love, an online healthfood store selling products free from wheat, gluten, sugar, dairy, and eggs. She studied nutrition in order to heal from the inside out. Determined not to feel deprived while cleaning up her eating habits, she searched for ways to make healthy foods fun and colorful. This has resulted in her quest to 'healthify' all her favorite foods. She is author of 'Super Healthy Snacks and Treats' (978-1-84975-428-6) and lives in central London, UK.

I'm really enjoying this cookbook. It's healthy, the food is on the lighter side (in a good way), and it's not the same old usual boring vegan cookbook combos of tamari, nutritional yeast, nut overload, etc. Yet, most of the recipes use easily sourced ingredients. I'm not paleo, so can't comment on it's authenticity as Paleo, but I eat a mostly raw vegan diet, which is paleo-ish. I have made the green pea falafel numerous times now - it's my new go-to recipe! I've made it in the dehydrator as well as an oven, and it's wonderful both ways (However, I add a little ground flaxseed to bind it). The hemp tabouli is to die for. I've been making the cauliflower pizza crust to use like pita in other dishes. I just make a batch of the crust, and shape them into little discs, and they work really well as soft tacos. The "meatballs" are also very good.The only negative about this book is that there are a few typos, and references leading to the wrong page. Also, the recipe for one of the "french fries" doesn't include the recipe for the referenced dipping sauce.My final gripe is with the food photography - it is beautiful, but some of the recipes are shot in such a way that they don't seem very hearty for the calorie count. Why would I want to eat a 400 calorie lettuce cup? Oh wait, hidden beneath the garnish is some sunflower pate...but, it's silly not to emphasize the pate in the picture. There's also a high calorie grilled lettuce, that I can't quite figure out where the calories are coming from.Overall,

I’m really happy that I bought this, and I would highly recommend it.

This is not only a gorgeous cookbook, the recipes make sense, are easy to follow, and any of the recipes are simple to vary, too. For me, it was a relief to find this cookbook because the way I now eat doesn’t "fit" into a particular diet. I avoid foods that cause inflammation and trigger an autoimmune response (gluten, soy, sugar, dairy, red meat...etc.) So I was like, "HOORAY" when I saw that this vegetable-focused version of the paleo diet without all the meat. My favorite recipes so far are: the Waldorf Salad, Kale Caesar, and Green Energy Soup. Thank you, Jenna Zoe.

Expected much more. I guess this is a difficult subject to write on, but in general there are only two things I would consider making from this book. Had wanted more hot dish options.

Pretty much what I expected. Several recipes we liked with minimal modification. You really can do plant based paleo, but it helps to read a book or too as you get started.

Loved reading it. Good basic info on vegan, high protein low carb diet. Easy to implement ideas for daily life. Beautiful photos. I am inspired.

These recipes seem a bit more complicated and less paleo to me, but it is a nice book and creative.

I was expecting more from this book, even in the beginning she says you can use meat to substitute....hmmm its a vegan book??

Wonderful book! Great recipes, very well written. Love that there is a picture for nearly every recipe!

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) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein

Vegan Recipes and Vegan Nutrition) Plant-based Paleo: Protein-rich vegan recipes for well-being and vitality Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan) 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) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss(paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1) Paleo Instant Pot Cookbook: Amazing Paleo Instant Pot Recipes for Whole Family (Paleo Instant Pot Recipes Cookbook, Paleo Diet Guide Cookbook, Paleo Diet Recipe Book, Paleo Diet for Beginners) DIY Protein Bars: 30 Delicious and Healthy DIY Protein Bars (diy protein bars, protein bars, high protein snacks) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook , Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) 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)

Contact Us

DMCA

Privacy

FAQ & Help