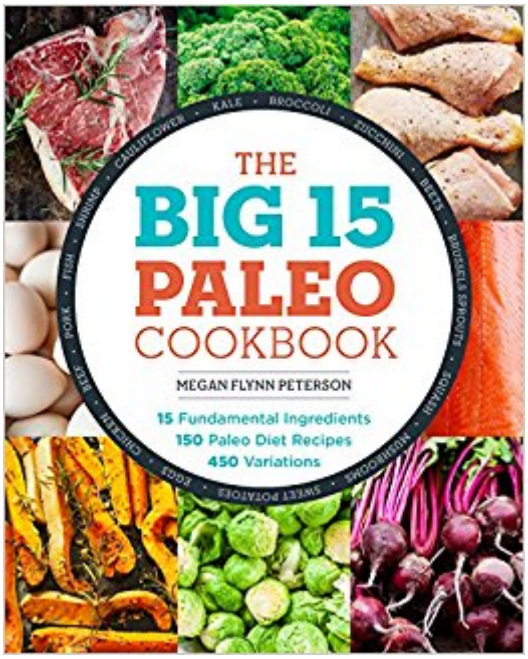
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The Big 15 Paleo Cookbook: 15 Fundamental Ingredients, 150 Paleo Diet Recipes, 450 Variations



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Synopsis

You donÃ¢â ¬â„¢t have to be on a paleo diet to enjoy the recipes in The Big 15 Paleo CookbookÃ¢â ¬â ¢you just have to enjoy eating real, healthy food. Though if you do follow a paleo diet, youÃ¢â ¬â„¢ll really enjoy this book. I love that all of the recipes contain whole ingredients and are easy to prepare, with variations to suit your taste buds. Ã¢â ¬â ¢Michelle Bianchetto, author of the blog UnshelledGoing 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. But knowing how and where to start can be a challenge.In The Big 15 Paleo Cookbook, Megan Flynn Peterson shows you how to get everything you want in a healthy diet, and avoid everything you donÃ¢â ¬â„¢t. MeganÃ¢â ¬â„¢s journey into eating paleo started in 2011 after a year of unexpected weight gain, anxiety, and a slew of other issues that affected her overall well-being. The results of her new paleo diet were so transformative that she began helping others find their own liberation through following a paleo diet and lifestyle. Now, with The Big 15 Paleo Cookbook, Megan delivers fantastic, simple recipes that won't break the bank or take over your life.OVER 150 PALEO RECIPES are well rounded, easy, and delectableÃ¢â ¬â ¢many of which can be made in 30 minutes or less10 MUST-MAKE RECIPES PER CHAPTER use one of the 15 foundational Paleo ingredients, along with a couple of variations to give you even more optionsALLERGEN LABELS indicate which recipes are dairy-free, nut-free, and veganLEARN-BY-DOING FUNDAMENTALS help you cultivate your own repertoire of fun Paleo recipes, rather than just learning a select few recipesBaked Eggs in Tomato Sauce * Prosciutto Wrapped Chicken Thighs * Burger Bowls * BÃƒÂ¡hn MÃƒÂ- 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

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Customer Reviews

"IÃ¢â ¬â„¢ve been reading MeganÃ¢â ¬â„¢s blog for a while now, and am often mesmerized (read: drooling all over my keyboard) by her recipe posts. They always look so tasty - and the few IÃ¢â ¬â„¢ve recreated at home taste delicious too. So I knew I needed to get my paws on this cookbook."-Off the Eaten PathÃ¢â ¬Å“[Megan] stays away from obscure ingredients and focuses on the basics of the diet. She shows you how to cook healthy staples in a variety of ways and includes some gorgeous food photography.Ã¢â ¬Â•-Seven Layer CharlotteThe book itself is very well designed and organized, and I love how each chapter is organized by the 15 top Paleo-friendly ingredients. The variations for each recipe are clever and unexpected, too.Ã¢â ¬Â•-Feast and West"You donÃ¢â ¬â„¢t have to be on a paleo diet to enjoy the recipes in here, you just have to enjoy eating real, healthy food. Though if you are following a paleo diet, youÃ¢â ¬â„¢ll really enjoy this book. I love that all of the recipes contain whole ingredients and are easy to prepare, with variations to suit your taste buds."-Unshelled Blog"To be honest, I didn't know much about paleo (other than it is healthy) and was thrilled to find a big list of recipes that look delicious! This broccoli slaw I particularly love because it has a nice crunch and the dressing gives it good flavor. The almonds and pancetta give it a nice protein boost, and I didn't have to turn on the oven to make it! It would be perfect to bring to a picnic or summer potluck.Ã¢â ¬Â•-Tag & Tibby

MEGAN FLYNN PETERSON is the writer behind Freckled ItalianÃ¢â ¬â ¢the popular lifestyle blog that focuses on life, love, literature, and lots of food. She discovered Paleo in 2012 when she founded Cave Girl Consulting, which offered a wide variety of services intended to help others be as successful as possible in their first few months of transitioning to Paleo. You can read more from Megan at freckleditalian.com/blog, or find her on Instagram and Twitter @mflynnpete.

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!I would highly recommend this book! I was NOT given a free copy for this review - I bought it and truly love 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.

I’ve already reviewed the paperback version of this book, which I highly recommend. The eBook version is one I’m particularly happy I also purchased. Why? I’ll always want a "true" book in my hands, but there’s only one critique I’d level at the paperback version, and that is that the pages in it are tight; there’s just no way to easily fold it open to the recipe being prepared. I set my iPad, with the recipe pictured, on the counter where the dish was being prepped and assembled, and that worked out perfectly. This extra 99Ãƒâ Ã Â¢ purchase really paid off!

Great book. Very enlightening and every recipe we have tried taste great. Headed into 2017 with a target of eating and living healthier. This is a necessary tool.

I’m just starting out with the Paleo lifestyle and needed some basic recipes. This book, along with "Practical Paleo", are all I need.

Lots of easy, quick and delicious meals, many of them that pass as typical rather than fussy, strange and/or arcane. I really like the stir fry, coconut shrimp and so much more. (I serve rice with dinner when non paleos are eating with me and they love it, too!)

Love how this book is organized and photographed. All ingredients are easy to find, easy to use, and tasty! (Except beets. Cause they're beets.) My family uses this book daily!

Great cookbook. Love the recipes. The salsa chuck roast is to die for!

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