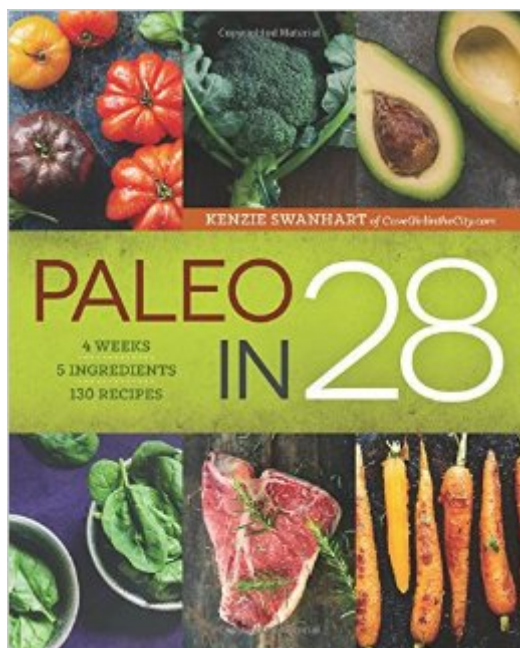


The book was found

# Paleo In 28: 4 Weeks, 5 Ingredients, 130 Recipes



## Synopsis

A Super Simple Guide to Going Paleo for Your Not-So-Simple Life Kenzie Swanhart knows firsthand just how hard it can be to introduce a Paleo diet into your hectic routine. In *Paleo in 28*, she teaches you that it takes only five ingredients, plus a few basic pantry staples, to create mouthwatering Paleo recipes for today and everyday. Making the transition to Paleo has never been easier with this effortless guide, which boasts:

- A flexible 28-day meal plan so that you never have to wonder what to eat
- 130 delicious recipes, from Good Morning Mug Biscuits and Nacho Kale Chips to Fall-Apart Short Ribs and Almond Butter Bars
- Streamlined shopping lists to save time and money
- A customizable one-week Paleo menu to help you strategize beyond your first 28 days
- Nutritional information for every recipe

Enjoy the classic flavors of all your favorite foods with gluten-free Paleo recipes that will jumpstart your healthy lifestyle and keep your taste buds happy.

## Book Information

Paperback: 250 pages

Publisher: Sonoma Press; 1 edition (April 1, 2015)

Language: English

ISBN-10: 1623155274

ISBN-13: 978-1623155278

Product Dimensions: 7.4 x 0.8 x 9.1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars • See all reviews (72 customer reviews)

Best Sellers Rank: #13,658 in Books (See Top 100 in Books) #20 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #36 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo #48 in Books > Cookbooks, Food & Wine > Special Diet > Allergies

## Customer Reviews

I personally have never heard of the Paleo diet. This was something a lot different to me and my family. I like trying new things so I gave it a chance. This book is definitely a great introduction to the Paleo diet. It starts out telling you a lot about Paleo eating. Then it has a well written weekly food calendar which is useful. Finally it comes with a weekly grocery list. It really like how it goes over how we shouldn't eat processed foods, how bad they are and the importance of organic foods. This book is just full of valuable information that was useful to me. Great for the beginners like myself. I like how it has 28 days worth of recipes it's almost a full month of different meals to try. On the front it said 4 weeks, 5 ingredients, 130 recipes. Though know not every recipe is a handful of

ingredients. The recipes are easy to read and follow. Some are even really simple. It also has snacks for those cravings that happen between meals. These recipes do require ingredients that maybe you already have in your cabinets. I however used the grocery list that was provided - guess I'm just not like other people. Overall; This is a great beginner book for the Paleo lifestyle. It lacked photos and that's something that I usually use to draw me into trying the meals. However it was a very informative read.

I definitely would not call this a "diet" book... Paleo is a lifestyle! The author is so excited about Paleo eating even after 3 years of practicing this lifestyle change. You can actually feel her enthusiasm through her writing! To me, the very best part of this book is that all the recipes focus on 5 main ingredients. Anyone can make these and most of them you won't even have to buy any "special" ingredients (like almond flour etc). So as you read through the different recipes you will definitely have some of the items on hand! I liked the inclusion of many pictures. I am more likely to make a recipe if I know what to expect the outcome will be. The pictures are colorful and shot well - very visually pleasing. I am glad they are included because they definitely are something to whet your appetite. Lastly, I am excited to try a few recipes - the simple lemon dressing and the sweet potato hash. I have the ingredients for both of them stocked in my pantry pretty regularly! Ebook provided in exchange for my opinion.

I have been on the Paleo diet now for 5 years and therefore am not a beginner. However, I was pleasantly surprised by all this book offered for non-beginners. A lot of Paleo cookbooks offer recipes for fussy meals, things that take a long time to make, and things that I just don't feel like tackling at the end of a long work day. But this book has a wealth of recipes that work perfectly for busy people like myself and that are simple and nutritious (most of the recipes take less than 15 min of prep time). If you are a beginner though, this book is fabulous. It lays out a 4 week plan that isn't complicated and makes use of leftovers (which surprisingly enough, most meal plans don't). It has a section on treats, so you don't feel deprived of a dessert when you get a sweet tooth or have a special occasion too. If you are intimidated by the idea of doing something like a Whole30 but yet want to clean up your diet or just try out the Paleo diet for a few weeks to see if you feel better, this is a great way to go about it. (full disclosure - I received this book to do a review of it for my blog)

I received the below mentioned complimentary product for the purpose of this review. All opinions are 100% my own. Every since I heard about the Paleo Diet I have been interested as to what it is

really all about. The book Paleo in 28 explains its not just a diet it's also a healthy way of living. The book explains what Paleo is and what it means to eat Paleo. It gives you a list of foods you can and cannot eat along with a 4 week 28 day meal plan. The meal plan list not only lists what to eat that day ,but the recipes which contains 5 primary ingredients or less. The meals were nothing like what I expected. I expected diet food, you know lots of raw veggies and tiny servings. I was wrong. The first day I had Twice Baked Breakfast Sweet Potatoes, Vegetable Soup for lunch and Easy Roasted Chicken and Roasted Broccoli for dinner. There are over 130 delicious recipes

I love this book! I'm not much of a cook. But I wanted to start eating healthier. The receipes are easy for me to do, it doesn't take a lot of time, and I am eating healthier. Since I purchased this book I lost 14 pounds in 6 months. The author explains everything you need to know you don't have to know anything about paleo she will teach you everything you need to know.

Wow, this book is really cool. I've been considering trying out a Paleo diet for years because of the health benefits but I never quite understood how it worked. I always thought I would be very limited on what I could eat and would get bored with it very easily. This book helped me both understand Paleo (the first third is all background info) and showed my that there are some pretty awesome things you can do with the allowed ingredients. One recipe that blew my mind was "Cauliflower Rice." While it's not the main dish by any means, I had never even considered taking cauliflower to a cheese grater and using it in a different form. Beyond that, the level creativity exhibited in all the recipes in this book is phenomenal and it gets me actually excited to try them out. I would definitely recommend this book to anyone currently practicing paleo and looking for new exciting ideas as well as anyone like me who has considered paleo but has been afraid to give it a try.\*I received this product complimentary in exchange for my honest opinion.

[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: 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 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: 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 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 in 28: 4 Weeks, 5 Ingredients, 130 Recipes 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) 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) 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) 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: 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 30 Paleo Breakfast And Egg Recipes - Simple & Easy Paleo Breakfast and Egg Recipes (Paleo Recipes Book 8) 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) 4 Weeks of Fabulous Paleolithic Breakfasts (4 Weeks of Fabulous Paleo Recipes Book 1)

[Dmca](#)