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Simple French Paleo: Flavorful Allergen-Free Recipes For The Autoimmune Protocol



Synopsis

The Paleo Autoimmune Protocol has never been so delightful! Rediscover the joy of food with this beautifully crafted cookbook, deeply rooted in French tradition and family cooking. Simple French Paleo is a beautiful collection of accessible, delicious, and nourishing recipes, all of which are compliant with the elimination phase of the Paleo Autoimmune Protocol. The recipes are free from gluten, grains, legumes, dairy, eggs, nuts, seeds, and nightshades! It also contains all the information you need to get started on the Paleo Autoimmune Protocol, including:- A comprehensive introduction to the Paleo Autoimmune Protocol (also referred to as AIP)- Complete food lists detailing what to eat, what to avoid, and what to consume in moderation- Detailed explanations of the four phases of reintroductions- Essential lifestyle tips- A complete how-to guide for setting up an AIP pantry at home- Valuable extras: cooking timetables, conversion tables, and a handy steaming tutorial- 90 mouthwatering, allergen-free recipes compliant with the elimination phase of AIP- Full color photography, including many gorgeous shots of the incomparable Provence countryside Fresh, real food is at the heart of life. Enjoying the pleasures of life is possible even if you are struggling with an autoimmune disease or chronic illness. Let Simple French Paleo be your guide back to health.

Book Information

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Customer Reviews

Simple French Paleo is the cookbook to refer to if you are looking for elegant and yet easy to follow French recipes that are also allergen-free and autoimmune protocol-compliant. Whether you're cooking for yourself, a family weeknight dinner, or a chic gathering at home with friends, it's easy to

find recipes in this cookbook that will suit the occasion. The front part of the book covers the author's story, detailing her autoimmune diagnosis and subsequent relief and improvement of health upon embarking on the Paleo autoimmune protocol (AIP). She also covers the gist of the protocol, what foods to eliminate, what to eat and how to reintroduce foods and maintain for optimal health. Having said that, it is not a medical or health guide book, but first and foremost a cookbook. There is also a section on how to stock your pantry. The book is written in a personal and easy to understand manner, making it a pleasant read. Then we move on to the recipe part of the cookbook. The recipes are heavily inspired by the food and flavors of Provence, and the gorgeous photos of the Provençal countryside keep in theme, making it a cookbook that is not only functional but also eye-candy worthy. I visited the Provence countryside many years ago and reading this cookbook transported me back to the days when I enjoyed shopping in the farmer's markets. The recipes are broken up into the following chapters: 1. Appetizers 2. Salads 3. Soups 4. Vegetables 5. Meat 6. Seafood 7. Desserts and Drinks 8. Basics There are around 90 recipes in total, all of which are compliant with the elimination phase of the AIP.

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