

The book was found

Well Fed: Paleo Recipes For People Who Love To Eat



Synopsis

Preparing quality food is among the most caring things we can do for ourselves and the people we love. That's why *Well Fed: Paleo Recipes For People Who Love To Eat* is packed with recipes for food that you can eat every day, along with easy tips to make sure it takes as little time as possible to get healthy, delicious food into your well-deserving mouth. If you count meals and snacks, we feed ourselves about 28 times each week. All of the *Well Fed* recipes -- made with zero grains, legumes, soy, sugar, dairy, or alcohol -- were created so you can enjoy your food every time. The two essential tricks for happy, healthy eating are being prepared and avoiding boredom. *Well Fed* explains how to get in the habit of a *Weekly Cookup* so that you have ready-to-go food for snacks and meals every day. It will also show you how to make *Hot Plates*, a mix-and-match approach to combining basic ingredients with spices and seasonings to take your taste buds on a world tour. The recipes are as simple as possible, without compromising taste, and they've been tested extensively to minimize work and maximize flavor. With 115+ original recipes and variations, this book will help you see that paleo eating, too often defined by what you give up, is really about what you'll gain: health, vitality, a light heart, and memorable meals to be shared with the people you love.

Book Information

Paperback: 174 pages

Publisher: Smudge Publishing, LLC; Second edition, March 2012 edition (December 12, 2011)

Language: English

ISBN-10: 061557226X

ISBN-13: 978-0615572260

Product Dimensions: 8.5 x 0.4 x 8.5 inches

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

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (1,541 customer reviews)

Best Sellers Rank: #1,421 in Books (See Top 100 in Books) #11 in Â Books > Cookbooks, Food & Wine > Special Diet > Paleo #49 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

I have been cooking with this cookbook for a couple of weeks and can confidently say it is "best of breed" in the paleo world. With all the blogs and cookbooks out there you will encounter a lot of clutter, but if I were to recommend one paleo cookbook to a friend (based on content) it would be

this one. Highlights include: 1. Each recipe includes a section with logical side pairings and variations. Possibly my favorite feature - I feel like improvisation in the kitchen can be a bit harder on the paleo diet and the variations presented in the book can be applied to other recipes, so I'm learning fundamentals I can use in the future. 2. Recipes are easy to understand and follow. Minimal prep time. This is a recurring theme throughout the book. The author clearly understands the value of a weeknight recipe. 3. The recipes are delicious and creative. The "best grilled chicken you will ever have" is exceptional. Loved the apples in butter dessert/side. I have tried six or seven other recipes and found them all to be tasty and relatively easy. 4. The book emphasizes meal planning and cooking ahead as a means to reduce time spent in the kitchen. This really resonated with me and in the two weeks since I started doing this I have wasted almost no vegetables (previously a problem for me) and have spend a lot less time in the kitchen on weeknights. So the content here is easily five stars, however about four days after I started cooking with the book the binding started falling apart and about 20 pages throughout the book fell out. Not sure if anyone else had the problem or if I just got a defective cookbook. Therefore giving it three stars because I've never had a cookbook fall apart on me before.

[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) Well Fed: Paleo Recipes for People Who Love to Eat Well Fed 2: More Paleo Recipes for People Who Love to Eat 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) 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 Well Fed Weeknights: Complete Paleo Meals in 45 Minutes or Less 30 Paleo Breakfast And Egg Recipes - Simple & Easy Paleo Breakfast and Egg Recipes (Paleo Recipes Book 8)

[Dmca](#)