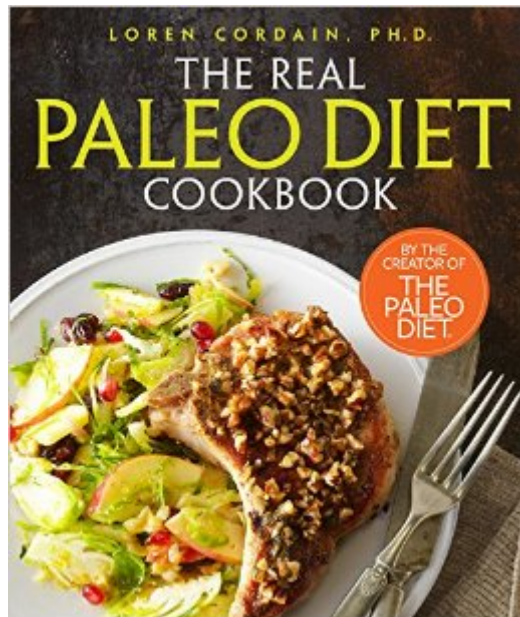


The book was found

The Real Paleo Diet Cookbook: 250 All-New Recipes From The Paleo Expert



Synopsis

The return of the true Paleo diet with 250 enticing recipes that prove following The Paleo Diet is as delicious, inventive, and inspiring as it is healthy. It's official: the real Paleo Diet is back. Loved for its simplicity, health benefits, and because it really works, the diet has been widely imitated since its release. Yet no one knows this plan better than Loren Cordain, its creator. As an expert in evolutionary medicine, Cordain realized we had moved away from the foods we were designed to eat: lean proteins, fruits, and vegetables while modern staples such as sugar, salt, and carbohydrates were creating a host of 21st-century health issues, including obesity and heart disease. By eating the right food, people are healthier. But can eating Paleo be tasty? In this all-new cookbook with 250 recipes and 75 photos, Cordain makes eating Paleo a pleasure, not a burden. Ranging from Cucumber Aqua Fresca to Fruit-Stuffed Top Loin Roast with Brandy Sauce, the recipes satisfy even the most finicky. This is the book the Paleo community has been waiting for: scientific accuracy combined with great taste.

Book Information

Series: Paleo

Hardcover: 352 pages

Publisher: Houghton Mifflin Harcourt; 1 edition (March 3, 2015)

Language: English

ISBN-10: 0544303261

ISBN-13: 978-0544303263

Product Dimensions: 8.8 x 1 x 9.7 inches

Shipping Weight: 2.7 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (65 customer reviews)

Best Sellers Rank: #38,591 in Books (See Top 100 in Books) #61 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #67 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo #91 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

View larger Seared Scallops with Beet Relish from The Real Paleo Diet Cookbook Start to finish: 30 minutes | Servings: 4 For a beautiful golden crust, be sure the surface of the scallops is really dry and that the pan is nice and hot before adding them to the pan. Also, let the scallops sear without disturbing them for 2 to 3 minutes, carefully checking before turning.

Directions 1. Thaw scallops, if frozen. 2. For beet relish, in a medium bowl combine beets, apple,

jalapeños, cilantro, onion, 2 tablespoons of the olive oil, and lime juice. Mix well. Set aside while preparing scallops. 3. Rinse scallops; pat dry with paper towels. In a large skillet heat the remaining 2 tablespoons olive oil over medium-high heat. Add scallops; sauté for 4 to 6 minutes or until golden brown on the exterior and barely opaque. Sprinkle scallops lightly with white pepper. 4. To serve, divide beet relish evenly among serving plates; top with scallops. Serve immediately.

Ingredients 1 pound fresh or frozen sea scallops, patted dry with paper towels
3 medium red beets, peeled and cut chopped 1/2 of a Granny Smith apple, peeled and chopped
2 jalapeños, stemmed, seeded, and minced 1/4 cup chopped fresh cilantro 2
tablespoons finely chopped red onion 4 tablespoons olive oil 2 tablespoons fresh lime juice
White pepper

[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: 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 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: 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) 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) The Real Paleo Diet Cookbook: 250 All-New Recipes from the Paleo Expert Paleo: Ultimate Paleo 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 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 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 Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) 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) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook)

[Dmca](#)