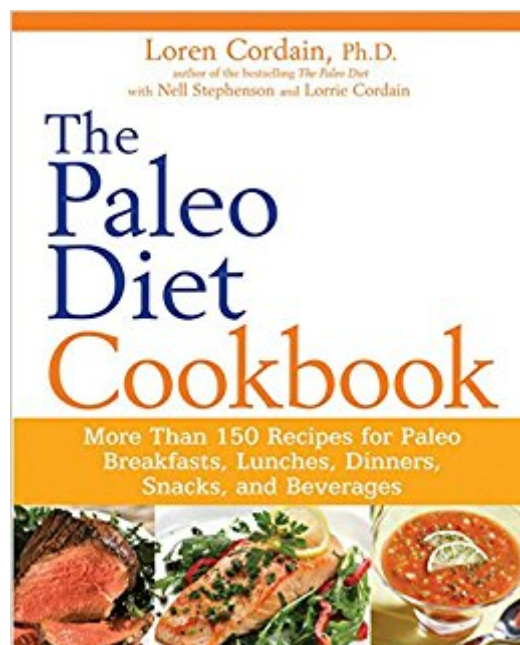




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The Paleo Diet Cookbook: More Than 150 Recipes For Paleo Breakfasts, Lunches, Dinners, Snacks, And Beverages



Synopsis

Dr. Loren Cordain's The Paleo Diet has helped thousands of people lose weight, keep it off, and learn how to eat for good health by following the diet of our Paleolithic ancestors and eating the foods we were genetically designed to eat. Now this revolutionary cookbook gives you more than 150 satisfying recipes packed with great flavors, variety, and nutrition to help you enjoy the benefits of eating the Paleo way every day. Based on the breakthrough diet book that has sold more than 100,000 copies to date Includes 150 simple, all-new recipes for delicious and Paleo-friendly breakfasts, brunches, lunches, dinners, snacks, and beverages Contains 2 weeks of meal plans and shopping and pantry tips Features 16 pages of Paleo color photographs Helps you lose weight and boost your health and energy by focusing on lean protein and non-starchy vegetables and fruits From bestselling author Dr. Loren Cordain, the world's leading expert on Paleolithic eating styles Put The Paleo Diet into action with The Paleo Diet Cookbook and eat your way to weight loss, weight control maintenance, increased energy, and lifelong health-while enjoying delicious meals you and your family will love.

Book Information

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Customer Reviews

Selected Recipes from The Paleo Diet Cookbook Greek Chicken Breast Kebabs Everyone loves a kebab. This easy-to-prepare and fun-to-eat dish makes a festive presentation and will impress your guests. Be sure to make plenty as there will be many requests for seconds. Serves 4. Ingredients 1 tablespoon freshly squeezed lemon juice 2 teaspoons dried oregano 1 tablespoon olive oil 1 garlic

clove, crushed 4 6-ounce chicken cutlets, cut into 1-inch cubes 8 skewers, wooden or metal

Directions If using wooden skewers, soak in water for one hour. Combine lemon juice with oregano, oil, and garlic in a small jar and shake well. Pour over chicken and mix well. Cover and refrigerate for at least two hours. Thread chicken onto skewers. Grill or broil at medium heat for twenty minutes, turning at the halfway point.

Wild Salmon Basil Burgers These seafood burgers are sure to be a big hit at your next barbecue. Cook them on the grill or broil them in the oven for a mouthwatering delight. Serves 4. Ingredients 1½ pounds boneless wild king salmon fillet ½ cup minced fresh basil 1 garlic clove, minced 1 omega 3 egg 1 teaspoon onion powder Directions Heat grill to medium or oven to broil. Place salmon in a food processor with basil and garlic and blend until smooth. Place mixture in a medium bowl. Combine with egg and onion powder and shape into patties. Cook for fifteen minutes, turning once. Dress with your favorite Paleo condiment and wrap with lettuce leaves.

Caramelized Broccoli with Orange Zest For a sweet twist on this vitamin-packed veggie, we toss broccoli with orange juice, resulting in a lovely caramelized dish. Serves 4. Ingredients 2½ "3 broccoli heads, cut into bite-sized pieces 2 tablespoons extra virgin olive oil 1 teaspoon freshly ground black pepper 1 tablespoon freshly squeezed orange juice 1 tablespoon orange zest 1 tablespoon walnut oil Directions Preheat oven to broil. Place broccoli in large bowl and toss with olive oil and pepper. Drizzle with orange juice and orange zest and mix thoroughly. Arrange broccoli pieces evenly spaced on a rimmed baking sheet. Broil for ten to twelve minutes, until bright green and slightly tender. Remove from oven and toss with walnut oil.

'...some intriguing recipes in the new cookbook guaranteed not to leave you feeling hungry.' (Jewish Chronicle, December 2010).

A solid, well thought out cookbook from the original author (and his wife) of "The Paleo Diet." Be aware: a plethora of cookbooks and food suppliers identify themselves as "Paleo" but if you read the book that inspired this eating plan, you'll soon realize that most are employing a very liberal interpretation of the concept. That said, it should be noted that 3 levels of devotion to the plan are offered by the author. If your only concern is losing weight gradually, the most forgiving level will work adequately. But if you're coping with a metabolic disorder like Type 2 Diabetes or an auto-immune disease like Type 1 Diabetes, or if you need to drop weight more rapidly (but safely), then the strictest level 3 eating plan will produce extraordinary results. I'm a 67-year-old drug-phobic child of a hypochondriac parent who kept a drawerful of pharma. No way will I go that route willy-nilly. Read my review of "The Paleo Diet" to find out what it did for me. It's not a temporary diet

in my case. It's a permanent change in my eating preferences and lifestyle activity level. And I am allowed an occasional indulgence because the basic eating plan is undeniably successful. Eat well, no hunger pangs, flavorlicious! UPDATE 30 November 2013 -- Since 17 April 2013 (when I started this eating/exercise regimen), I have lost a total of 52 lbs. My morning fasting blood glucose readings dropped well down into an acceptable range. I feel better than ever, but I should point out that I did the diametric OPPOSITE of the approach recommended in Cordain's books. Instead of starting out with the Relaxed 85:15 Paleo Diet and working my way to the stricter levels, I started out with a 100% STRICT version and gradually eased into the more forgiving versions. This is EXACTLY how it went for me...2013 March 8: 244 lbs + high blood pressure. Doctor says walk. Complete Blood Count. So I reduce portions (but not really dieting) and began walking 1.7 miles daily. 2013 April 17: 239 lbs. Blood pressure slightly elevated. CBC indicates diagnosis of Type II diabetes. CBC Fasting Glucose: 231 mg/dL. Offered Onglyza for appetite control and weight loss. Declined drugs. Went online to research. Settled on Paleo Diet and made a firm decision to change my eating habits for life. Developed a plan and executed it exactly as planned. PHASE 1: 100% STRICT Paleo + daily cardio + freeweights 2x-3x weekly. 2012 May 28: 216 lbs. Blood pressure high end normal. Daily testing morning fasting glucose readings reduced from 213 mg/dL to under 113 in three weeks. Then down to a range between 81 and 110. Doctor and staff amazed at me losing 23 lbs in 6 weeks. Walked same 1.7 miles daily, freeweights twice weekly, and ate 100% STRICT Paleo. Doctor dismissed me for 6 months. Since I can now afford to lose weight more gradually until I reach my goal of 185 lbs... PHASE 2: 95% 95:5 Paleo (3 non-Paleo portions [1 meal total] per week) + daily cardio walk but no freeweights (too HOT) June/July PHASE 3: 90% 90:10 Paleo (6 non-Paleo portions [2 meals total] per week) + daily cardio walk but no freeweights (too HOT) August/September PHASE 4: 85% 85:15 RELAXED Paleo (9 non-Paleo portions [3 meals total] per week) + daily cardio walk + back to freeweights 2x-3x weekly October/November 2013 November 26: 192 lbs. Blood pressure slightly elevated but still in normal range. Doctor didn't even mention it. If he had, I would have replied, "I DON'T have high blood pressure... I drink COFFEE!" Ha! Doctor totally amazed. Why? Because most people can't bring themselves to give up corn dogs? Lost another 24 lbs since May 28 for a total of 52 lbs lost in 37 weeks. Blood test this week. Results due in about 7-10 days. I expect my A1C to be well under 7, maybe even under 6. My morning fasting glucose readings now average about 90 mg/dL. I expect to attain my goal of 185 lbs sometime in the next few months. Buying new wardrobe a piece at a time.

s pleasantly surprised and pleased to find that this is a TRUE Paleo Diet book of recipes. It also

explains why some foods, which are plants, such as peas, are not on the list. I checked this book out of the library, online, and after reading it, was so impressed that I had to have a copy of my own (in my case, a Kindle copy). The recipes are tasty, and you will not find quasi-Paleo desserts which do cross the line, in this book. While the way of eating can seem a bit limiting in the beginning as one adjusts to no traditional puddings, cakes, cookies, toast, tortillas and the like, the rewards are massive. The book gives some good information on autoimmune conditions---I didn't realize that rheumatoid arthritis was an autoimmune condition: the body fighting its own tissues. Also spinal stenosis when inflammation of tissue makes the area not large enough. The book mentions other conditions which are also caused by the body fighting itself...which eating Paleo tends to put the brakes on. The book also talks about lectins. Now, this is a subject near and dear to my heart because the lectins in some foods will give me hideous joint pain. As a result, I now combine the information in Eat Right 4 Your Blood Type (so my body can properly break down what is consumed, and not cause inflammation and pain) and this book. Truly, the cure often really IS in the cupboard...if you consider what NOT to eat, as well as what to eat. The cost of this could be a problem for many, if you tried to eat the sample menus. I live on embarrassingly modest means, but so far have managed to eat Paleo by growing lettuce and chard, and supplementing with store-bought. Also, you do have more money for meat and veggies when you no longer are buying milk, cheese, butter and all the convenience foods and boxed mixes. If it is worth doing (and what price your health) then where there is a will, a way will emerge if you are persistent about finding a way to do this. The book even has a lovely recipe for stuffing (no bread) for holiday time. And one or two using apples to make an "apple pie" minus the crust, of course. Following a strict Paleo diet (sure you could lose weight on it, but it's a diet for life!) gives your body the very best chance to heal itself over time and that goes double if you combine it with eating right for your blood type. This book will not let you down!

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