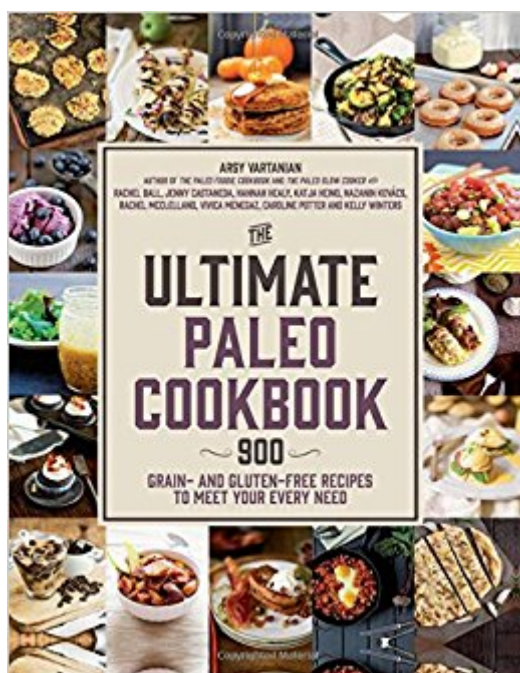


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# The Ultimate Paleo Cookbook: 900 Grain- And Gluten-Free Recipes To Meet Your Every Need



## Synopsis

The Most Comprehensive Paleo Cookbook in Print Arsy Vartanian and nine other popular Paleo bloggers have come together to bring you over 900 recipes in this ultimate, extensive collection to help you stay gluten- and grain-free. This is the largest compilation of Paleo recipes in print, and it satisfies every craving in one convenient volume. Each of the authors selected 50 to 80 of their favorite recipes from their blogs and created 10 to 20 original recipes, all assembled in this one amazing Paleo resource. Inside, you'll find recipes for everything Paleo with an emphasis on flavor as well as convenience. This book includes a wide selection of easy weeknight dishes, budget-conscious meals and slow cooker dishes. In Easy, Fast, Few-Ingredient, the entire chapter (with almost 80 recipes) is designed to make going Paleo or staying Paleo as easy as possible. With an unprecedented variety of dishes to choose from, you'll never be at a loss of what to cook!

## Book Information

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## Customer Reviews

"Holy smokes! Jam-packed with over 900 recipes from some of the most innovative Paleo food bloggers in the world, The Ultimate Paleo Cookbook will be a constant source of kitchen inspiration for years! You'll never be at a loss for what to cook for breakfast, lunch or dinner!"  
—Michelle Tam, New York Times bestselling author of Nom Nom Paleo: Food For Humans  
"One word: phenomenal! Somehow Arsy has managed to make a comprehensive Paleo cookbook with 900 recipes that are original, simple, healthful and yummy. This is the first cookbook of its kind to be truly legitimate, fully

delicious and totally supportive of a healthy Paleo lifestyle. I'm blown away!  
Liz Wolfe, NTP, bestselling author of Eat The Yolks

Arsy Vartanian is the founder of the Paleo recipe and lifestyle blog, Rubies and Radishes. She is also the author of The Paleo Foodie Cookbook and The Paleo Slow Cooker. She lives in Santa Cruz, California. The contributing authors include Rachel Ball (Grok Grub), Jenny Castaneda (Paleo Foodie Kitchen), Hannah Healy (Healy Eats Real), Katja Heino (Savory Lotus), Nazanin Kovacs (Cinnamon Eats), Rachel McClelland (South Beach Primal), Vivica Menegaz (Nourished Caveman), Caroline Potter (Colorful Eats) and Kelly Winters (Primally Inspired). These nine authors are all Paleo leaders who span the country from Pennsylvania to Hawaii.

This is my review for The Ultimate Paleo Cookbook: 900 Grain- and Gluten-Free Recipes to Meet Your Every Need. My husband and I just started eating Paleo a couple of months ago and I got really tired of hunting down recipes from various books and from across the web. I bought this book not expecting much as 900 recipes is a lot and I expected them to be a lot of filler and fluff. I must say that I was wrong and ended up being highly impressed and I am so glad I bought this book. This has quickly become my go to book when making menus for the week. This book is laid out very well and is easy to find what you are looking for. No skipping around and searching for Main Dishes that are scattered thru out the book. It's all listed in one chapter. Which is super helpful and appreciated. Also, the recipes in this book tend to be really practical and not many require special ingredients that you have to track down. I have cooked about 15 to 25 recipes from this book so far and they all have been really good. Our favorite has been the cottage pie. I have cooked this one almost every week since discovering it. If you are trying to eat healthier or you are following the Paleo Diet. I would highly recommend this book. In my humble opinion this is the best book out there on the market. You will not be disappointed!!!

This cookbook is an ENCYCLOPEDIA! Really it's all anyone could need. So far I've made the Berry Crumble and the Veggie Root Hash. Delish! It would be nice for every recipe to have a photo, but obviously it would be a 900 page book that could bludgeon someone. And be way too expensive for me. Big points to the authors who obviously poured their hearts into this book.

Normally when I get a new cookbook I like to take a stack of post its and mark the pages of the recipes I'd like to try. I sat down to do this with this cookbook but ended up marking every page,

they all looked so good, so I just took the notes out. I've only had the chance to try one recipe so far (Thai Chicken) and it was excellent. I think this will end up being a go-to reference.

This cook book and our crockpot made going Paleo easy! This is not only a crockpot cook book but it has some great crock pot options. We have made at least one recipe a week for the last three months. There is a ton of variety in the book with food types as well as difficulty of prep. I highly recommend this book if you are thinking about going paleo it really took the guess work out and the what can I cook question away. The blackberry spare ribs are super great and the banana pancakes will make you wonder why you ever needed flour in the first place.

This book is wonderful! My mom has a collection of paleo cookbooks but this was by far our favorite, so I ordered a copy for myself, though I do not follow a strictly paleo diet. I would recommend this for anyone interested in healthy, produce packed recipes or alternatives to traditional gluten inclusive recipes. There's a huge variety of dishes and a lot of great ideas. My personal favorites so far have been pumpkin pancakes with coconut flour, tomato poached eggs with basil, and cauliflower fried rice with shrimp and bacon.

My husband and I are new to paleo eating and needed a cookbook to get started. The recipes in here are fantastic! We've made mostly main dish and vegetable recipes and except for 1 or 2 that were just okay, everything else has been amazing. My only gripe is the organization and the index could use a lot of work. If you want to find something in the index, you have to look it up by the main ingredient. For example, today I was trying to find a chicken salad recipe that I wanted to make and there's no Salads section in the index, so I had to look through a gazillion chicken listings to find it. If this weren't an issue, I'd give the book a solid 5 stars. .

The book was back ordered when I purchased it, so I had to wait almost a month, but it's worth it. Came with the spine not attached to the cover. Not sure if this is normal or not. Recipes are in meal type order (main, side etc) and are in main ingredient order in each section. If you're looking for a particular item to cook with, it's best to use the index in the back. Not very many pictures, but what they do have, they're not in any particular order in a photo paged sections throughout the book

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