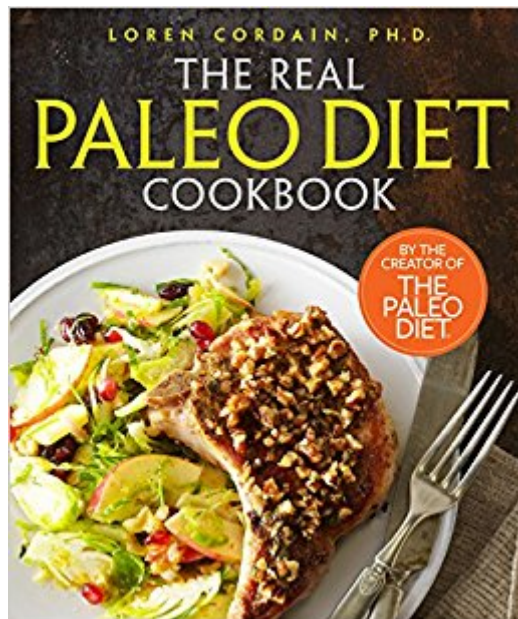




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The Real Paleo Diet Cookbook: 250 All-New Recipes From The Paleo Expert



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

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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

"The Paleo Diet helps you lose fat, improve your health, and feel great." --Robb Wolf, author of the bestselling *The Paleo Solution* "In *The Paleo Diet* and *The Paleo Diet Cookbook*, Dr. Cordain shows how diets high in grains, dairy, vegetable oils, salt, and refined sugars are at odds with our genetic legacy and then shares his uncomplicated strategy for losing weight and getting healthy." --Arthur De Vany, Ph.D., author of *The New Evolution Diet* "Loren Cordain hits another home run with *The Real Paleo Diet Cookbook*! Cordain is one of the pioneers in Paleo Diet research, not a copycat author, and this book explains the basic tenets of the diet, while providing a rational approach for adopting it so readers don't feel like they have to don a loincloth. This book is beautifully illustrated, and the recipes are nothing short of delicious and fun to prepare. This is really the gourmet Paleo Diet." -- Jack Challem, author of *The Inflammation Syndrome* and *No More Fatigue*. "There is no one more knowledgeable on the Paleo diet than Loren Cordain. And I'm just not saying that because he's a good friend and a co-author of our book, *The Paleo Diet for Athletes*. I've been following his dietary advice since 1994. It works!" --Joe Friel, Coach and Author "The cookbook for the Paleo gourmet! These recipes are delicious, healthy, and visually stunning, with innovative flavor combinations and use of spices. More importantly, this book presents clearly and concisely which foods belong on the Paleo diet and which do not, along with why. Even experienced Paleo chefs will find that these recipes expand and enliven the Paleo palate." --Lynda Frassetto, MD

LOREN CORDAIN, Ph.D., is one of the top global researchers in the area of evolutionary medicine. Generally acknowledged as the world's leading expert on the Paleolithic diet, he is a professor

emeritus in the Health and Exercise Science Department at Colorado State University. Dr. Cordain and his research have been featured on Dateline NBC and in the New York Times, the Wall Street Journal, and other media. He is the author of The Paleo Diet and The Paleo Diet Cookbook, among other books, and makes regular media and speaking appearances worldwide.

Read the entire book and decided to change my life. It's only been a few weeks, but I feel and see the difference.

This book is great but wish there were more recipes. Not all recipes in this book are convenient as described. Other than that, this book is very helpful and insightful.

A great companion to The Paleo Diet and The Paleo Answer. I have read all three cover to cover! This is not a "diet plan" or money grab scam, this is effective science in motion. Thank you Dr. Cordane, you are my savior.

Great book. The science of food and how various foods and food groups affect our bodies. A must read. Since I changed my eating habits thanks to this book I have lost 14 pounds and that in a month. I now use this book as a reference.

I absolutely LOVE this cookbook. There are so many delicious recipes in here. I highly recommend it -- it's one of the best tools if you're on a Paleo diet, but anyone will enjoy the recipes because the dishes are so flavorful. My two favorites so far are the Pork Chops with Macadamias, Sage, Figs, and Mashed Sweet Potatoes, and the Grilled Flat Iron Steaks with Chipotle-Caramelized Onions and Salsa Salad. I started the Paleo Diet a few months ago, and was feeling limited with the foods I was eating just trying to come up with recipes and concoctions on my own based on approved food lists. Now I look forward to my meals, and trying out different recipes.

great book for those new to the Paleo diet.

You don't have to eat Paleo to enjoy this book. Real food, real recipes.

Great recipes!

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