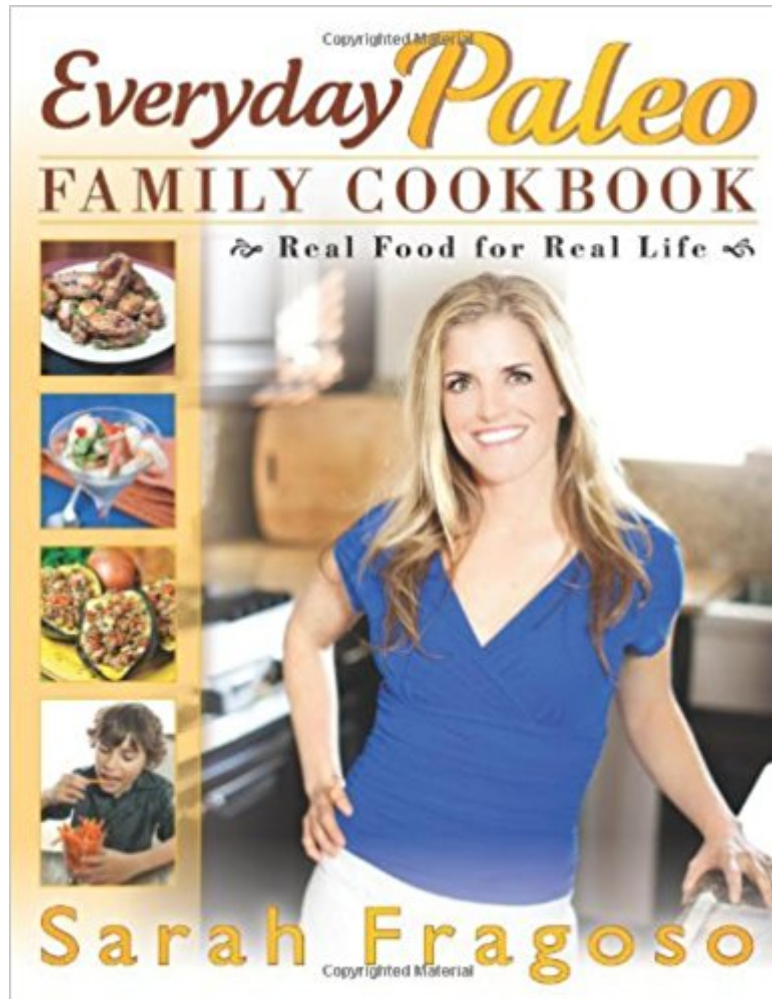


The book was found

Everyday Paleo Family Cookbook: Real Food For Real Life



Synopsis

The Everyday Paleo Family Cookbook offers guidance on how to bring your family together with the magic of real food. As modern life grows more hectic with each passing day, a part of living the paleo lifestyle is slowing down and enjoying the time we have with family and friends. This cookbook is intended to remind us of how precious these moments are, and that some of the fondest memories can be made while sitting at the dinner table with the ones we love. Savoring these moments, along with delicious and healthful food, is what life is all about. In addition to more than eighty delicious, easy-to-prepare recipes that are free of grains, dairy, sugar, and legumes, The Everyday Paleo Family Cookbook offers:

- Time saving tips and tricks to get you through your busy weeks
- Suggestions of which recipes to pair together to make a complete meal
- Ideas for how to successfully bring the family together at mealtime
- Simple shopping and prepping tips to help you save time and money
- Resources for where to shop to find specific ingredients

Book Information

Paperback: 224 pages

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Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (407 customer reviews)

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Customer Reviews

The research is increasingly showing that there is a dangerous link between many of our modern foods and diseases like arthritis, obesity, and even cancer. That link is inflammation. Many foods that we consume in high quantities lead to inflammation of the tissues. These inflammations give way to pain and chronic disease. The paleo diet -- or at least certain forms of it -- may help to relieve this inflammation, and prevent and cure some of these diseases. Everyday Paleo Family Cookbook picks up where the author's first book, Everyday Paleo, left off. While her first book was an excellent introduction to the the paleo lifestyle, this one provides busy homemakers a practical set of recipes

for keeping the dinner table full. It starts, however, with a quick introduction to Paleo for those who haven't read Everyday Paleo. The basic outline is given right away -- foods to avoid, and foods to eat. Here's the table of contents, to let you know what's inside the book: -Introduction-The Basics-Basic Food Guide-Getting Started-Understanding Kids-The Lunch Box for Kids and Grownups Too-Quick and Simple Meal Ideas-What Sarah Wants You to Have and Where to Find It-One Week Meal Plan-Budget Guide-Recipe Section---Sauces and Dips---Slow Cooker Recipes---Soups and Stews---Meaty Meals---Egg Dishes---Sides, Salads and Small Plates---Fruity Creations and Treats As you can see, this book is definitely family oriented, and it's really meant to get you up and running quickly with Paleo eating and cooking. So there's helpful information about making the transition to Paleo -- especially for when you meet kids' resistance. A couple things set this book apart.

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