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# Paleo Lunches And Breakfasts On The Go: The Solution To Gluten-Free Eating All Day Long With Delicious, Easy And Portable Primal Meals



## Synopsis

Lunch and breakfast are often the hardest meals to eat without busting your Paleo, gluten-free diet, especially when most recipes call for gluten, processed oils, sliced bread or sandwich buns. Diana Rodgers, a nutritional therapist and Paleo community activist, solves the problem with Paleo Lunches and Breakfasts On the Go, containing 100 easy and delicious packable meals without bread. From lettuce-wrap sandwiches to egg muffins to creative uses for toothpicks and packaging, she takes the confusion out of how to make hand-friendly and fast Paleo meals. Recipes include her Chicken Salad with Fennel and Cranberries perfectly cradled by a leaf of romaine lettuce, the to-die-for Cherry Tarragon Breakfast Sausages and even a Paleo-friendly Bubble and Squeak. These mouth-watering creations are perfect portable meals that are as healthy and easy to make as they are gourmet.

## Book Information

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## Customer Reviews

I bought this book along with 3 other paleo books and this is the only one that I just really don't like. If you don't mind spending a lot of time preparing for your breakfasts or lunches and using a lot of ingredients, then you will like this book a lot more than I do. Most of the breakfasts are pork and a few lamb and I don't eat or like either so that was another downside for me. I am new to paleo, so thus far I have accepted spending more time preparing some of my dinner meals but I'm not ready to spend 20-30 minutes making my breakfast and additional 20-30 for each lunch during the week. Majority of recipes in this book require a lot of different ingredients and spices and I guess I was looking for the healthy, quick ideas. I'm the person that wants and needs my breakfast to be ready

in 10 minutes or less during the week. I did take the time to make one of the breakfasts on the weekend and I didn't like it at all, which worsened my feelings on this book. I gave it a 3/5 because it does have a lot of ideas, if you don't mind spending the time then I think you'd really like this book and there are a few quick breakfast ideas (its just that those ideas do not appeal to me personally).

Disclosures: I am a paleo author/blogger and own pretty much every Paleo-oriented book ever written. I received a copy of this book to review. I'm also a busy mom, gym owner, and a terrible green thumb (though my other half is not). Now that we have that out of the way...Paleo Lunches and Breakfasts On the Go is a fantastic book for those new to the Paleo way of life, or those looking for creative takes on what to eat for breakfast and lunch. The fact that Diana holds her NTP designation (and is furthering her nutrition education in a Masters program), is a mom of 2 active kids, has been living with Celiac disease for years, and manages an organic farm operation with her husband adds something to this book that you won't find in others out there. It's her personal experiences and practice of not only what she feeds her own family but what has worked with her nutrition clients that translates beautifully into simple yet delicious recipes that are incredibly accessible to just about everyone. Given, there are a lot more Paleo books on the market today than say when Robb Wolf's The Paleo Solution book came out in 2010 - and this is a great thing in that I think it now means there is something for just about everyone. Diana's book is focused solely on breakfasts and lunches and how to eat those on the run, with a busy family going 8 different directions and/or when time is not on your side. Early in the book Diana explains her history, her definition of Paleo, tips for staying the Paleo path, and more. And then of course there are the recipes, which are fantastic. The first recipe I tried was her Winter Beet Salad. I hate beets...usually (and fennel, another ingredient called for). Diana's recipe headnotes along with the fact that my mother-in-law had just given us some beets from her garden convinced me to give this a try. The flavors combined with her recommendation for blood orange vinegar (did I forget to mention that Diana used to work in marketing for Whole Foods? This woman knows of some amazing little ingredients to be found!) transformed the salad...and we now use that blood orange vinegar all the time. Diana - like us - also seems to love to incorporate some international flavors into her meals from time to time. I'm super excited to try her Lamb Dosa Purses and Thai Curry Crabcakes, not to mention her take on Bubble and Squeak. As a fellow author, I can attest to the fact that not every cookbook is for everyone, and there are a bunch more Paleo books on the market these days. To me, this is a great thing, as it allows people to compile their favorite recipes from a wide selection. For example, in our book, we do use almond flour from time to time here and there, and I know that

for those dealing with AI issues or allergies, some of our recipes won't appeal to them or they will need to make substitutes. Heck, I know okra doesn't appeal to loads of people, but I cook with okra and love it, therefore it's in some of our recipes. Diana's book is focused on how she feeds her family and what she recommends to her clients and honestly has a bunch of recipes I've never laid eyes on. I am sure that not everything in this book might be right for everyone. For example, if you are looking for Paleo-ified sweets and treats and you aren't worried much about leaning out, this is not the book for you. While Diana includes a few smoothies, a cracker recipe or two, you won't find desserts in this book. But she'll give you ideas for wraps and soups and portable meals that you might not have considered. That said, a couple of other things I think makes this book stand out: Lie-flat binding. No longer do you have to prop open pages - the unique binding allows your pages to lie flat when open. Genius! 3 weeks of ideas for school lunches (in chart form) Common Paleo pitfalls Paleo guide to dining out In summary, if you or someone you know is constantly on-the-go and in need of some quick, portable, delicious, Paleo/gluten-free meals and is frequently stumped for ideas, I highly recommend this book. If you have kids and you are packing them school lunches, I highly recommend this book. If recipes like Homemade Chorizo, Lamb Tzatziki Gyros, Butternut Parsnip Soup with Leeks, Chicken, Celeriac and Mustard Salad Wrap, Ginger Scallion Sweet Potato Cakes, Lemon, Spinach and Egg Ribbon Soup, Smoked Trout Pate, that Winter Beet Salad and more sound the least bit appealing to you (and so many more), then I highly recommend this book. In addition to giving you a bunch of new recipes to try, Diana just might make you a beet convert like she did me!

I am a busy mother of two young children, including an exclusively breastfed infant. I have done several Whole30s and am looking to return to eating paleo for a number of reasons. I try to do as much food prep and cooking as possible on the weekend, particularly as I am about to return to work and have very little time for meal preparation on weeknights. I am not new to paleo eating, but do need quick-to-prepare meals that will appeal to my starch-and-carb loving husband and 3 year old without breaking the budget, so I was optimistic about Paleo Lunches and Breakfasts on the Go. I made and enjoyed several of the wrap recipes, including the Chicken and Peach Firecracker Wrap, Roast Beef and Beets Wrap, and Avocado, Orange, and Herb Chicken Wrap. None of them took TOO long to prepare (although I admit I used a precooked chicken and bought precooked beets among other shortcuts) and all could easily have been reworked as salads rather than wraps. I'm looking forward to trying some of the "cook and run" wraps and salads, too. Most of the soups/chilis appear to take a lot of effort and time to prepare. The author specifically says that she

doesn't like slow cookers, and a quick survey of the recipes in this section indicate that many can't really be modified for the crock pot. While this portion of the cookbook doesn't meet my needs, the recipes do sound and look appealing. The Sweet Potato Apple Cinnamon pancakes were quite nice, although took an excessive amount of time to prepare. I made a double batch and between grating the apples and mashing the cooked sweet potato, then cooking the pancakes in a 10" skillet on the stove, it took well over an hour for one recipe. Despite following instructions to the letter, my pancakes remained uncooked in the center which gave an unpleasant texture. The Cherry Tarragon Breakfast Sausages were a treat but also took forever to cook; I would only make either recipe again with an electric griddle so as to cook all portions at once. In short, while there are some new and interesting flavor combinations in this cookbook, for me the most utility will be in the wraps and salads. For paleo cookbooks for busy people with limited cooking time every day, I still prefer *Well Fed: Paleo Recipes for People Who Love to Eat* and *Paleo Slow Cooking: Gluten Free Recipes Made Simple*. *Eat Like a Dinosaur: Recipe & Guidebook for Gluten-free Kids* will be of far more utility for those with young children, although many of these recipes would appeal to tweens and teens. Be advised that the Kindle version has many glaring typos and several omissions. Additionally rather than having a full featured recipe index, the reader is instructed to use the e-reader search feature to find the recipe you're looking for! It is frustrating to spend good money on an e-book and have it obviously be an afterthought to author and/or publisher.

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