



**Paleo Cookbook: Illustrated Paleo Cookbook for
Beginners. Easy Breakfast, Lunch, Dinner, Sides
and Dessert Recipe Book (Paleo Recipes: Paleo
Recipes for ... Lunch, Dinner & Desserts Recipe
Book 8)**

Jane Burton

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The Paleo diet, also known as the Caveman diet focuses on a common sense and healthy approach to eating. The tasty recipes in this book follow the guidelines and principles laid out for this lifestyle. This book is a fabulous resource for beginners to Paleo because recipes are easy to follow without being complex in method.

Measurements are both in Imperial and Metric to make it easy for everyone to use. Included are Paleo breakfast recipes, lunch recipes, dinner recipes, sides, snacks, homemade substitute recipes, and not forgetting ever popular dessert recipes. Each recipe is accompanied by a picture of the finished dish. I like cookbooks with this feature, so hope you will too!

The diet guidelines suggest eating foods straight from nature. These foods include things like free range meats, fresh seafood, fruits, vegetables, seeds, nuts and the healthy oils like olive, coconut, avocado, macadamia, walnut and flaxseed. Foods that are not encouraged are dairy foods, cereal grains, legumes, refined sugars and highly processed foods.

Here is a sample of what you will find inside:

The Paleo Diet

PALEO BREAKFASTS

Paleo Banana & Cinnamon Pancakes

Vanilla Bean Pancakes, Berry Compote & Coconut Cream

Paleo Frittata Omelette

Berry & Coconut Milk Smoothie

Paleo Pineapple, Orange & Mango Smoothie

Avocado & Cinnamon Smoothie

Bacon & Egg Ramekins

Spinach Super Smoothie

No Grain Granola Cereal

Berry Fruit Salad

Blueberry Chia Granola Smoothie

PALEO LUNCHESES & SIDES

Vegged Out Scrambled Eggs

Homemade Chicken Stock

Favorite Creamy Pumpkin Soup

Deviled Eggs

Skewers of Grilled Chicken Wrapped In Bacon

Paleo Cornbread Muffins
Grilled Chicken Breast with Mango Salsa
Sautéed Shrimp
Citrus Green Salad with Hazelnuts
Prosciutto Wrapped Asparagus
Fresh Prawn Salad
Paleo Garlic Mashed Potato
Easy & Healthy Prawn Scampi
Easy Homemade Mayonnaise
Apple Vinegar Coleslaw

PALEO SNACKS

Ants on a Log
Paleo Tahini Hummus
Olive Baba Ghanoush
Hard Boiled Egg Chicken Family
Paleo Workout Mix
Cinnamon Flavor Apple Chips
Homemade Sesame Crackers
Tahini Cauliflower Dip
Ginger Applesauce
Raspberry Almond Muffins
Green Olive Tapenade
Paleo Brownies
Cinnamon Fruit Salad
Paleo Bonbons

PALEO DINNERS

Paleo Grilled Steak, Veggies & Salad
Easy Grilled Chicken Breast in Provence Herbs
Chicken & Kale Soup
Crumbed Cashew Chicken
Paleo Hungarian Beef Stew
Easy Lemon Chicken Tagine
Moroccan Lamb Kebabs
Quick Fried Fish Dish
Beef Curry Stir Fry
Baked Chicken Breast with Almonds & Apricot Sauce
Beef Bourguignon with Mashed Cauliflower

PALEO DESSERTS

Fresh Fruit Salad
Berry Paleo Ice Cream
Apple Cider Donuts
Coconut Milk Ice Cream
Crepe with Fresh Fruits
Super Easy Chocolate Mousse
Dark Chocolate Coconut Pudding
Easy Strawberry Ice Cream

FOOD INFORMATION RESOURCES

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Edna Spalding:

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