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Primal Cuisine: Cooking for the Paleo Diet

By Pauli Halstead

Healing Arts Press. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 9.8in. x 7.9in. x 0.6in. Nourishing and innovative paleo recipes to delight your family, impress your guests, and inspire your culinary talents while improving your health. Includes more than 150 primal recipes, with more than 20 options for every meal of the day, including snacks and dessert. Offers step-by-step advice to eliminate unhealthy carbohydrates and optimize daily protein and healthful fat intake. Each recipe is free of grains, gluten, sugar, chemicals, antibiotics, and hormones. Companion cookbook to Primal Body, Primal Mind. Improve your health, boost your energy levels, increase your brain power, live longer, and even save money on your grocery bills with 150 budget-conscious paleo diet recipes from gourmet chef Pauli Halstead. These easy-to-follow recipes provide more than 20 choices for every meal of the day--even desserts and snacks--and all are free of grains, gluten, sugar, chemicals, antibiotics, and hormones. More than just a cookbook, Primal Cuisine also explains the dietary theory behind the primal lifestyle. Chef Pauli's step-by-step advice to eliminate unhealthy carbohydrates and optimize protein and healthful fat intake demonstrates how the foods of our ancestors--such as wild-caught fish, grass-fed meats, and organic vegetables, nuts, seeds, and...



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