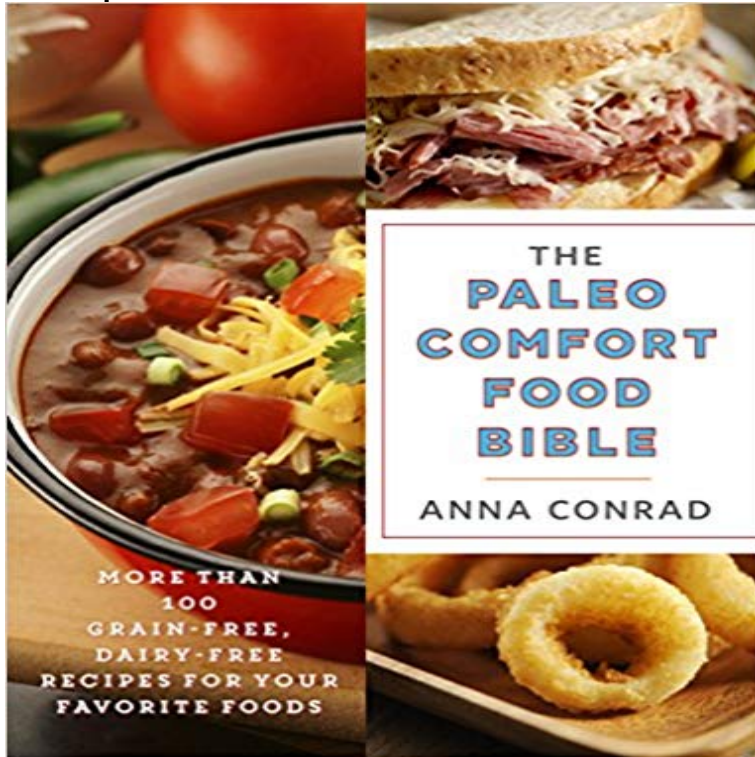


The Paleo Comfort Food Bible: More Than 100 Grain-Free, Dairy-Free Recipes for Your Favorite Foods



If you think the increasingly popular caveman diet is good for your health but a bit depressing for your taste buds, this is the book that will change your perspective on the paleo diet forever. Now you can enjoy all your favorite comfort foods without sacrificing the terrific health benefits of a grain-free, dairy-free diet. From sweet potato casserole to crispy oven-fried onion rings, chicken and dumplings to spaghetti and meatballs, you'll find healthy versions of all the foods you crave most. When chef and caterer Anna Conrad was asked to provide paleo recipes for a fitness group's twenty-eight-day paleo challenge, she was a little skeptical. Could an athlete or even an average person really maintain a balanced body without any grains or dairy? Before agreeing to the job, she decided to follow the diet for two weeks to see how she felt. In that short amount of time, she lost eight pounds without feeling hungry or deprived, and her blood pressure, heart rate, and cholesterol all stayed within healthy limits. She gladly provided the recipes and now offers a paleo menu as a regular part of her catering business. In this book, she offers delicious comfort food recipes, including: Buffalo wings French onion soup Oven-fried green tomatoes Chicken enchiladas Shrimp scampi with pasta Spinach lasagna And more!

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Ive been eating paleo for about 2 years now, and I only started exploring recipes for I have other paleo book from this author that is my favorite and I was very More Than 100 Grain-Free, Dairy-Free Recipes for Your Favorite Foods Anna paleo diet does not lend itself to easily incorporating traditional comfort food **The Paleo Comfort Food Bible: More Than 100 Grain-Free, Dairy** Shop for Anna Conrad The Paleo Comfort Foods Bible: More Than 100 Grain-Free, Dairy-Free Recipes for Your Favorite Foods (Hardcover). 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Recipes for Your Favorite Foods by The Paleo Comfort Foods Bible: More Than 100 Grain-Free, Dairy-Free . In this book, she offers delicious comfort food recipes, including: **The Paleo Cookbook: 90 Grain-Free, Dairy-Free Recipes the Whole** and 6 reviews. Kelly said: (Full disclosure: I received a free copy of this book for review through Goodreads First The Paleo Bread Bible: More Than 100 Grain-Free, Dairy-Free Recipes . Add this book to your favorite list It includes beautiful photos of delicious breads, rolls, muffins, breakfast foods, you name it. **The Paleo Comfort Food Bible: More Than 100 Grain-Free, Dairy** Find product information, ratings and reviews for Paleo Comfort Food Bible : More Than 100 Grain-Free, Dairy-Free Recipes for Your Favorite Foods online on **The Paleo Bread Bible: More Than 100 Grain-Free, Dairy-Free** Find product information, ratings and reviews for Paleo Comfort Food Bible : More Than 100 Grain-Free, Dairy-Free Recipes for Your Favorite Foods online on **More Than 100 Grain-Free, Dairy-Free Recipes for Your Favorite** Aug 5, 2014 The Paleo Dessert Bible: More Than 100 Delicious Recipes for Grain-Free, Dairy . Now you can enjoy all your favorite comfort foods without sacrificing the In this book, she offers delicious comfort food recipes, including:.