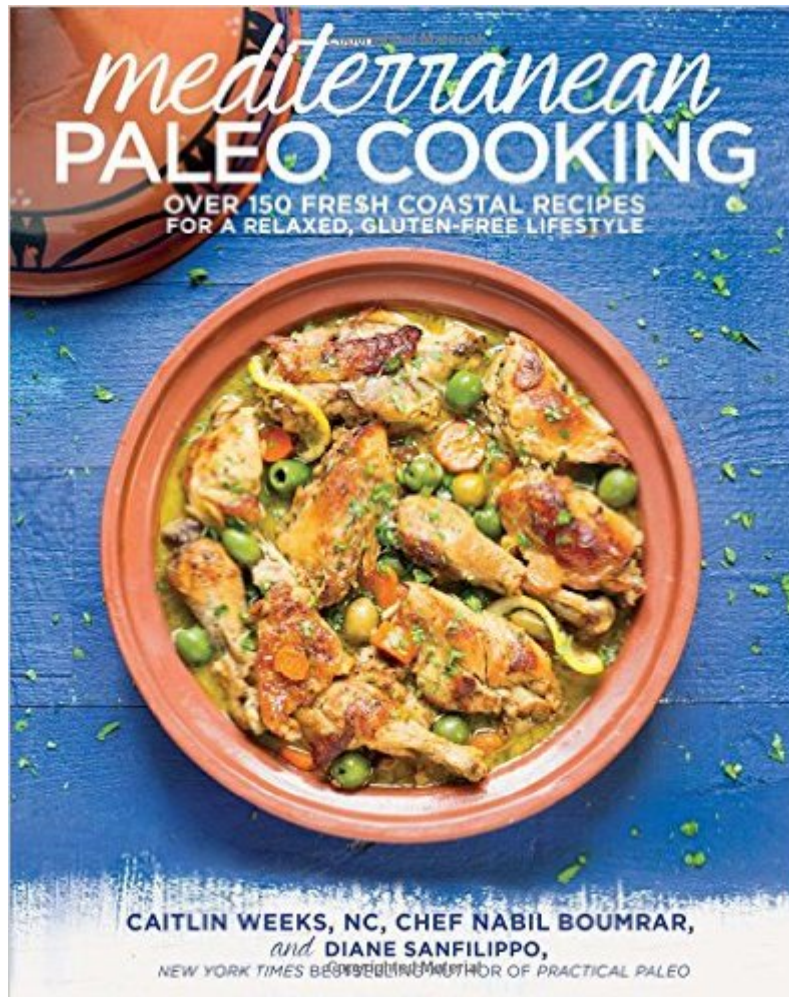


The book was found

Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes For A Relaxed, Gluten-Free Lifestyle



Synopsis

Many people assume that eating betterâ ”whether to lose weight, alleviate health problems, or simply improve how they feelâ ”means eating low-fat, boring, and tasteless food. Professional chef Nabil Boumrar and Certified Nutrition Consultant Caitlin Weeks blow that myth out of the water with their vibrant and healthy coastal cuisine. *Mediterranean Paleo Cooking* showcases a wide variety of creative recipes that are Paleo-friendlyâ ”no gluten, grains, inflammatory oils, dairy, or refined sweeteners. These flavorful dishes combine traditional food from southern Europe, North Africa, and the Middle East with the healthful principles of a Paleo diet. With over 150 recipes, two 30-day meal plans (one for general health and one for those following an autoimmune protocol), shopping lists, cooking tips, and more, *Mediterranean Paleo Cooking* helps readers become better cooks and more informed eaters. But more importantly, it turns healthy eating into delicious eating with enticing Mediterranean meals that every foodie will enjoy. Over 150 Paleo-friendly recipes inspired by the relaxed coastal attitude and ingredients of the Mediterranean - all gluten-free, grain-free, refined sugar-free, and dairy-free. Chefâ™s tips from Nabil help you learn as you go, with advice on cooking and techniques for Mediterranean ingredients Nutritionist's tips from Caitlin to educate you on the health benefits of Mediterranean foods Familiar, comfort-food favorites are modified for a Paleo lifestyle, including pizza, pasta, rice, biscuits, and brownies Mediterranean recipe favorites, recreated including: falafel, pita bread, moussaka, hummus, and biscotti cookies. Recipe/ingredient notes and swaps for those who have food allergies (including to eggs and nuts) as well as for those following a low FODMAP diet, lower carbohydrate diet, SCD or GAPS diet, or the autoimmune protocol Two 30-day meal plans to help you jump-start your Paleo lifestyle: for general health or to follow an autoimmune protocol six different menu plans perfect for a weeknight dinner party or special occasion (including one that is 100% AIP compliant or is easily modified to be so with notes on the recipes) 18 guilt-free desserts with no refined sugar Shopping lists and an optimal food buying guide make it easy to find the right ingredients

Book Information

Paperback: 432 pages

Publisher: Victory Belt Publishing (October 28, 2014)

Language: English

ISBN-10: 1628600403

ISBN-13: 978-1628600407

Product Dimensions: 8.5 x 1 x 10.9 inches

Shipping Weight: 3.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviewsÂ (295 customer reviews)

Best Sellers Rank: #15,113 in Books (See Top 100 in Books) #8 inÂ Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #15 inÂ Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean #51 inÂ Books > Cookbooks, Food & Wine > Special Diet > Allergies

Customer Reviews

The husband and wife team of Nabil Boumrar and Caitlin Weeks, along with Dianne Sanfilippo have created a masterpiece in the stunningly beautiful Mediterranean Paleo Cooking. Loaded with color photos, how-to steps and tips plus over 150 fresh coastal recipes, this book will have your family asking for more. The Mediterranean diet was all the rage just a few short years ago, and many health experts tout its benefits. Combine that with the added benefits of eating a grain-free, whole foods ancestral diet and you have a winning combination. I began reading the acknowledgments and the intro and was soon riveted to the story of how a young chef from Algiers and a nutritionist/fitness coach from Nashville met and married. Even more interesting is the story of how they embraced their interest in ancestral nutrition with Nabil's homeland cuisine. Mediterranean Paleo Cooking takes one on an historic and culinary adventure of the countries that border the Mediterranean Sea. Following the brief history of Mediterranean cuisine are some health steps practiced by Mediterranean peoples and from which we all can benefit. To name a few: living a slower-paced life, eating seasonally, strong family connections, less reliance on technology and nose-to-tail eating (meaning, eat the entire animal). There's more information on the Paleo diet, the fusion between Paleo and Mediterranean recipes and foods, a primer on how to stock your own Paleo Mediterranean kitchen, how to use the book and meal plans. The recipes are categorized into groups: Breakfast, Appetizers, Soups, Pizza and Pasta (yes!), Poultry, Red Meat, Seafood, Odd Bits (think offal), Vegetable Sides, Desserts and The basics (those wonderful seasonings and dipping sauces).

[Download to continue reading...](#)

Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo

desserts, paleo diet, wheat free) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Mediterranean: Slow Cooker: Paleo: Crockpot: Box Set: The Ultimate Recipes Cookbook Box Set(30+ Free Books Included!) (Mediterranean Diet, Mediterranean ... Beginners Guide, Mediterranean, Cooking) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking) Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) Top 200 Mediterranean Diet Recipes Bundle: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Grain Free Paleo Breads: Suitable for Paleo, Gluten Free, SCD and GAPS (Grain Free Paleo Cooking Book 1) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Asian Paleo: 30 Minute Paleo! Your Complete Guide to Delicious, Healthy, and Gluten Free Asian Paleo in 30 Minutes or Less (Asian Paleo Guide - Thai, Japanese, ... Korean, Filipino, and Vietnamese Recipes)