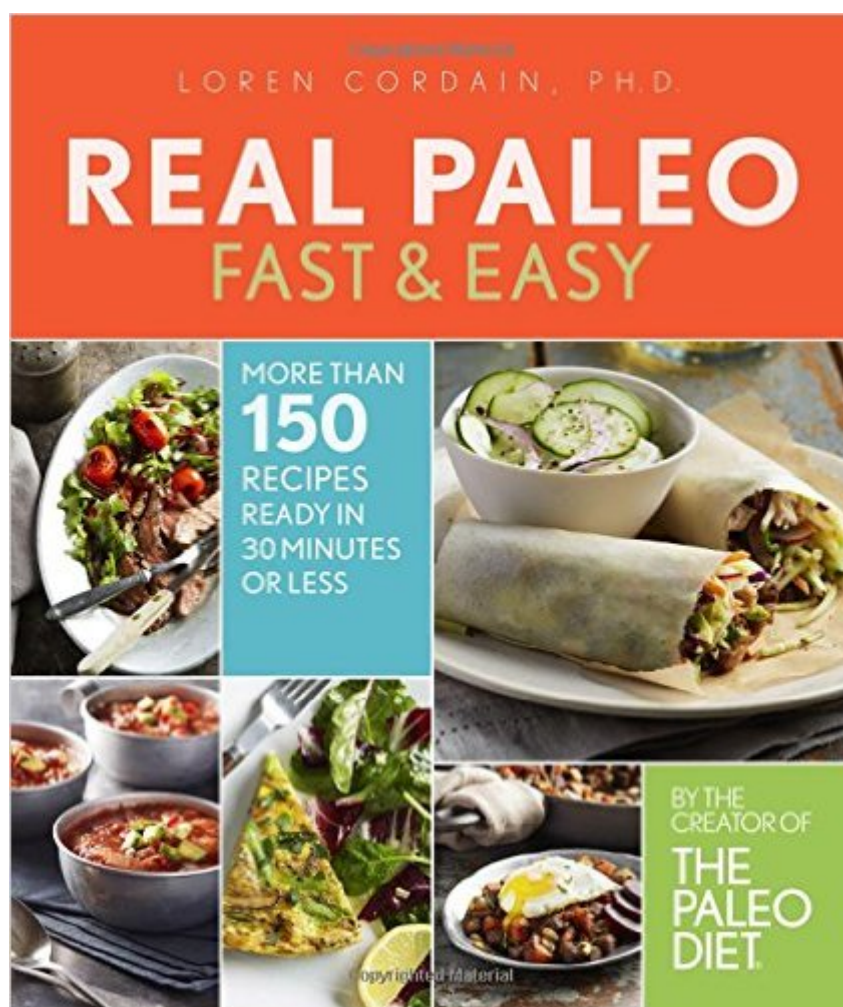


The book was found

Real Paleo Fast & Easy



Synopsis

The simple, satisfying and delicious way to eat paleo every day, no matter how busy you are Loren Cordain, Ph.D., creator of The Paleo Diet, understands that we live busy lives, but he also knows this is no reason to sacrifice good health; a great dinner that follows The Paleo Diet is only 30 minutes away with this innovative cookbook. The book has a range of speedy meals, from flash-roasted fish to microwave peach chutney for pork chops. There are soups, skillet meals, fresh dinner salads, and more. The 170 recipes and 70 color photos make dinner easy and appealing. The recipes use Paleo convenience foods, such as salt-free canned tomatoes and frozen vegetables, and draw on the techniques that Dr. Cordain and his family developed for their own busy lives. Also included is the Paleo Pantry, with recipes for Paleo condiments and spice blends to enliven meals throughout the week.

Book Information

Series: Paleo

Paperback: 320 pages

Publisher: Houghton Mifflin Harcourt (December 29, 2015)

Language: English

ISBN-10: 0544582640

ISBN-13: 978-0544582644

Product Dimensions: 7.5 x 0.8 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (22 customer reviews)

Best Sellers Rank: #28,515 in Books (See Top 100 in Books) #45 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #54 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo #71 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

Grilled Flank Steak Tacos from Real Paleo Fast & Easy makes 4 servings Most chili powder blends are salt-free, but read the label to be sure. You can use hot or mild chili powder or a mix depending on your taste. Directions Sprinkle both sides of steak with chili powder blend. Grill steak, covered, over medium heat 10 to 12 minutes for medium (145°F), turning once halfway through grilling. (Or cook steak on a stove-top grill pan over medium-high heat.) Meanwhile, for guacamole, in a medium bowl combine avocados, jalapeño, cilantro, garlic, and lime juice. Mash with a potato masher or fork until chunky. Thinly slice steak across the grain. Pile

steak onto lettuce leaves. Top with guacamole, chopped Tomato, and onion. If desired, serve with lime wedges.

1 1/2 pounds beef flank steak 2 tablespoons salt-free chili powder blend 2 medium ripe avocados, seeded, peeled, and cubed 1 medium jalapeño chile, seeded and finely chopped 1/4 cup chopped fresh cilantro 2 cloves garlic, minced 2 tablespoons fresh lime juice 8 to 12 large butterhead or Bibb lettuce leaves 1 cup chopped fresh tomato 1/2 cup chopped red onion Lime wedges (optional)

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

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: 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) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) 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) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) 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) 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 Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) 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) Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL

HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet (Paleo Cookbook, Slow cooker recipes, Whole food) Paleo Ketogenic Vegan Smart Moves: Avoid Dieting Mistakes (Paleo Ketogenic Vegan Diet, Paleo Ketogenic Vegan for Beginners, Diabetes Diet, Anti-inflammatory ... - Diet and Nutrition - PALEO Book 7) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker (Paleo Series) 30 Paleo Breakfast And Egg Recipes - Simple & Easy Paleo Breakfast and Egg Recipes (Paleo Recipes Book 8) Real Estate: Learn to Succeed the First Time: Real Estate Basics, Home Buying, Real Estate Investment & House Flipping (Real Estate income, investing, Rental Property)

[Dmca](#)