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# Well Fed: Paleo Recipes For People Who Love To Eat



## Synopsis

Preparing quality food is among the most caring things we can do for ourselves and the people we love. That's why Well Fed: Paleo Recipes For People Who Love To Eat is packed with recipes for food that you can eat every day, along with easy tips to make sure it takes as little time as possible to get healthy, delicious food into your well-deserving mouth. If you count meals and snacks, we feed ourselves about 28 times each week. All of the Well Fed recipes -- made with zero grains, legumes, soy, sugar, dairy, or alcohol -- were created so you can enjoy your food every time. The two essential tricks for happy, healthy eating are being prepared and avoiding boredom. Well Fed explains how to get in the habit of a Weekly Cookup so that you have ready-to-go food for snacks and meals every day. It will also show you how to make Hot Plates, a mix-and-match approach to combining basic ingredients with spices and seasonings to take your taste buds on a world tour. The recipes are as simple as possible, without compromising taste, and they've been tested extensively to minimize work and maximize flavor. With 115+ original recipes and variations, this book will help you see that paleo eating, too often defined by what you give up, is really about what you'll gain: health, vitality, a light heart, and memorable meals to be shared with the people you love.

## Book Information

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## Customer Reviews

I have been cooking with this cookbook for a couple of weeks and can confidently say it is "best of breed" in the paleo world. With all the blogs and cookbooks out there you will encounter a lot of clutter, but if I were to recommend one paleo cookbook to a friend (based on content) it would be

this one. Highlights include:1. Each recipe includes a section with logical side pairings and variations. Possibly my favorite feature - I feel like improvisation in the kitchen can be a bit harder on the paleo diet and the variations presented in the book can be applied to other recipes, so I'm learning fundamentals I can use in the future.2. Recipes are easy to understand and follow. Minimal prep time. This is a recurring theme throughout the book. The author clearly understands the value of a weeknight recipe.3. The recipes are delicious and creative. The "best grilled chicken you will ever have" is exceptional. Loved the apples in butter dessert/side. I have tried six or seven other recipes and found them all to be tasty and relatively easy.4. The book emphasizes meal planning and cooking ahead as a means to reduce time spent in the kitchen. This really resonated with me and in the two weeks since I started doing this I have wasted almost no vegetables (previously a problem for me) and have spent a lot less time in the kitchen on weeknights. So the content here is easily five stars, however about four days after I started cooking with the book the binding started falling apart and about 20 pages throughout the book fell out. Not sure if anyone else had the problem or if I just got a defective cookbook. Therefore giving it three stars because I've never had a cookbook fall apart on me before.

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