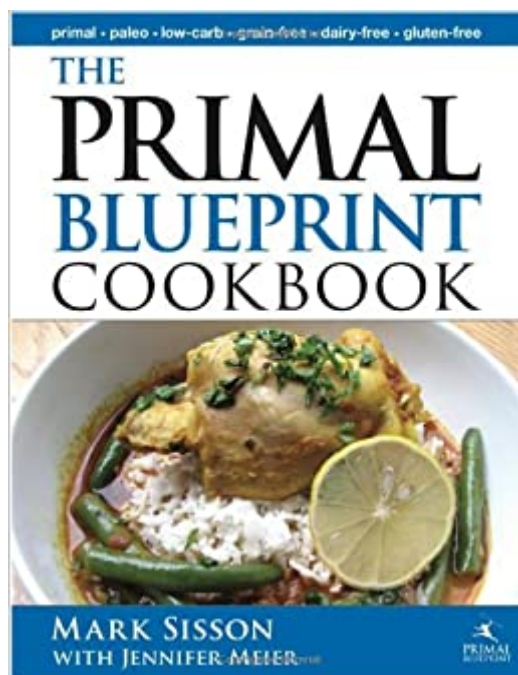




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# The Primal Blueprint Cookbook: Primal, Low Carb, Paleo, Grain-Free, Dairy-Free And Gluten-Free (Primal Blueprint Series)



## Synopsis

The popularity of the low carb/paleo/Primal way of eating has exploded, as people discover an appealing and sustainable alternative to the restrictive diets and flawed conventional wisdom that lead to burnout and failed weight loss efforts. The dream of eating satisfying meals-even on a budget-controlling weight and feeling great has now become a reality. As you build momentum for Primal eating, you'll find that you won't even miss the bland, boring, low-fat foods that previously were the central focus of your diet. How can you argue with a menu that includes Roasted Leg of Lamb with Herbs and Garlic, Salmon Chowder with Coconut Milk, Tomatoes Stuffed with Ground Bison and Eggs, and Baked Chocolate Custard? This isn't a crash course diet. These and the other Primal recipes provide the foundation for a lifetime of delicious, healthy eating, high energy and protection from common health problems that arise from eating the SAD (Standard American Diet).

## Book Information

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## Customer Reviews

Delicious non-dairy, gluten-free, paleo-friendly recipes that will make weight loss a breeze. Beautiful color photos detailing every step in the preparation of each dish. Based on the low-carb eating style described in the highly acclaimed book [Highly publicized on www.marksdailyapple.com](#), the author's blog which reaches over 400,000 unique visitors each month. Hardcover version is #1 often in all low-carb cookbooks on [Based on experience of previous book](#)

Jennifer Meier is a graduate of the prestigious California Culinary Academy in San Francisco. Her culinary career spans a decade and includes stints in restaurants, gourmet shops, and wine stores in New York, Seattle, San Francisco and Los Angeles. She also holds a degree in Communications from the University of Washington in Seattle. Eventually, the writing and cooking merged into a food-writing career. Mark is the one of the leading figures in the primal/paleo/ancestral health world, with his MarksDailyApple.com the most visited site in this category. Mark has followed the revolutionary bestseller, *The Primal Blueprint*, with six other books on primal living and eating. He is a former world-class endurance athlete (2:18 marathon, 4th place Hawaii Ironman), BA degree in biology (Williams College). Besides blogging daily and writing books, Mark hosts PrimalCon lifestyle retreats in North America

All my readings and life experience (previously working for five years in a natural foods co-op) have now finally converged on the Primal diet lifestyle as the common sense approach to nutrition (and, for me, backed up by the well-researched book, *Good Calories, Bad Calories* by Gary Taubes). I've bought a lot of cookbooks on my journey to a more healthy diet. And some of those cookbooks seem to be comprised of recipes that were conceived purely on theory and not at all on taste (cough..Atkins..cough). I knocked out 5 of the recipes in the *Primal Blueprint* cookbook in a week and a half, and every single one of them tasted FANTASTIC. Even my wife and two children, whom I'm slowly trying to wean from their highly-refined carbo-centric tendencies, raved about the recipes I cooked (e.g. Moroccan chicken, Transylvanian stockpot, Coconut ice cream, zucchini frittata...). These are not people who like the taste of real vegetables. My wife said, and I quote, "That cookbook is best money we've ever spent. I can't believe how good this tastes." Clearly, the recipes were tested and refined by an actual person who knows the taste of good food. Thank you, Jennifer Meier. Also, I have a son who is Type 1 diabetic. We noticed that the meals I cooked from this book had a very low effect on his post-meal blood sugar. No huge post-meal spike and less insulin required at mealtime. That in itself was worth the price of admission. Cookbooks like this show him that he can eat delicious meals that do not adversely affect his blood glucose. He will need this knowledge to cope with his diabetes when he ventures out on his own (he's 10 right now). To me, a five-star rating indicates a perfect book (or movie, or whatever), so I'm giving it 4 stars, a very high rating to me, for the following reasons:- It does not have an index referencing the ingredients. I often cook by the "what-have-I-got-in-the-refridgerator" method; designing a week's worth of meals (and our food shopping) around that. With this book, I can't look up all the recipes that have zucchini in them. So put an index in it already.- I do have the *Primal Blueprint* book also, but what if I'm

someone who doesn't have that and just wants the cookbook? This cookbook doesn't contain a brief overview of the theory behind the recipes it contains; it just jumps right in to the recipes. A Primal Blueprint primer at the beginning of the cookbook would round it out nicely.- Final (unfair) criticism: not enough recipes! You do get your money's worth, but I want Volume II already! (I'm not one to browse the internet or blogs for recipes; I like cookBOOKs.Highly recommended cookbook as it contains excellent tasting, easy, nutritious recipes!

Many delicious recipes. Some a little too strange for my taste. I've made bone broth. Even my husband loved the Egg Zucchini Bake! It was easy to prepare and absolutely delicious. We are making our way through the cookbook slowly but surely.

Well...in the last year I have lost 50 lbs. This is truly a great life time diet. Of course you can cheat a TINY bit once in a while. Stick with the diet and you'll know when it's okay. Live great, eat great, and once in a while order the biggest meal on the Mexican menu. But you've got to earn the rewardChuck G

This is a great cook book! One of our kids has some diet restrictions, this book covers them well, simple, easy to follow recipes that taste great!

This book is awesome for someone new to paleo. I love all the pictures. I find that if a cookbook doesn't have pictures, I won't cook the recipe. This is an excellent layout for a cookbook.I wish there were nutritional info for each recipe. I'm so OCD that I would probably do my own nutritional analysis on the recipe anyway, but it might be nice to have a starting point.I just wish there were a second book by the same author, same book format, so that I could have more recipes. I'm doing nightshade- and dairy-free paleo, so many of the recipes in this book don't work for me.If you're new to paleo and total serious about it, this book is a must-have for someone who prefers to cook via cookbooks (like me). The recipes aren't overly complicated, which is nice. Many of my other cookbooks have such complicated recipes that a relatively simple meal ends up taking me hours to prepare.

Purchased for my mom who is going Keto and she loves it, to those who say the recipes are simple, duhhhhh, that is the point of this diet, eat simple feel good, plus there is plenty of room to add your own flare with whatever you have in your spice cabinet :)

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