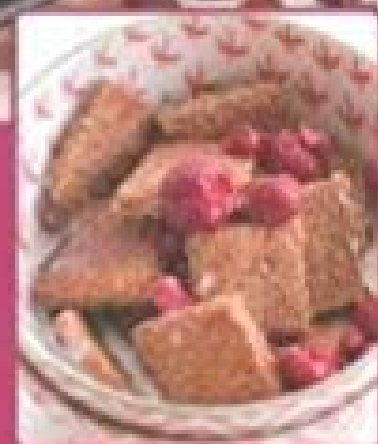


111 Comforting GLUTEN-FREE, GRAIN-FREE, and  
DAIRY-FREE RECIPES for THE FOODIE in YOU



# PALEO EATS

written and photographed by  
**Kelly Bejelly**

Kelly Bejelly

## Paleo Eats: 111 Comforting Gluten-Free, Grain-Free and Dairy-Free Recipes for the Foodie in You



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Delicious meals like Coconut Cinnamon Cereal, Southern Fried Poultry, Lamb Gyro Burgers, Caramel Apple Cinnamon Rolls, and Devil't need to mean giving up your preferred comfort foods. In Paleo Eats, Kelly Bejelly targets Paleo cooking food from the center with recipes that produce beloved traditional meals Paleo-friendly. You'll find: More than 100 grain-free, gluten-free, and dairy-free recipes that re-create your favorite comfort foods, including Chicken Pot Pie, Skillet Cornbread, Green Bean Casserole, Chocolate Chip Cookies, Apple Pie, and several, many more Tips for transitioning to a Paleo life style, including advice for maintaining your food budget low and which tools are essential for kitchen success A detailed Paleo baking tutorial with a synopsis of Paleo flours and guidelines on how to use them to get the best results Troubleshooting tips and how exactly to fix a recipe gone incorrect Icons marking dishes that are perfect for holidays and unique occasions, from Valentine's peach cobbler, this publication is for you. Paleo Eats is jam-packed with over 100 tempting sweet and savory quality recipes, from condiments to desserts, all inspired by common comfort foods. Heading Paleo doesn't Food Cake prove that taking in Paleo is as fun and delicious as it is healthy. You' Inside you's Time to game day time to birthdays, and dishes that adhere to the Autoimmune Protocol they are healthy. You'll find something for everyone, also picky eaters, with quality recipes that are easy to make and even easier to love. In the event that you miss chocolate chip cookies sizzling from the oven, fried poultry on family picnics, the sweet-and-sour meatballs from your own favorite Chinese restaurant, or your grandmother's Paleo Eats is about real comfort food made Paleo, for foods that are as tasty as



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She has shown me how essential it is to take care of my own body through nutrient dense foods with simple recipes. She loves good food, and she understands how to help us prepare delicious meals. This is a beautiful book, and Kelly's warmth and enthusiasm shine through. The photos are beautiful, and the instructions are clear. There is also a convenient reference index with little snapshots to get recipes quickly, and a detailed references / resources section. They are so excellent, it's hard to avoid. Extras to help us better incorporate the recipes into our plans are: (1) on the recipe web page, mentions of other dishes in the cookbook that could go well with this dish; (2) a graphic element at the bottom of the recipe web page identifies which menu category the dish fits into, and sometimes gleam unique notation that the recipe suits into a particular event category such as birthday/holiday. The dishes are delicious and healthy and totally paleo, but if weight reduction is your goal be careful of the sweets. She has a paleo hush pup recipe and a coconut cinnamon cereal recipe that I really like!), Onion Bands, Creamy Grits, Banana Cream Pie - some of the skipped "staples" of the SAD but in a more healthy form. This is a "comfort food" cookbook, and I'm looking forward to trying most of the recipes. "Meals from the Heart. I'd highly recommend it. I've been making the Sweet Loaf of bread, but have had to create some changes. I've read somewhere else, though, that the brand of coconut flour one uses can make an enormous difference in the way the baked goods turn out. I'm not quite happy yet, but DH requests me to create it when we run out, so it's enough of a success. I'm pretty sure that is going to end up being one of my "go-to" books among my Paleo cookbooks. I'm looking forward to many delicious foods incorporating these dishes. Am especially looking towards the No-Bake Chocolate Raspberry 'Cheesecake. Simple, quick, delicious.) Paleo Eats This is an excellent collection of recipes with an focus on baking. There are a lot of paleo variations of childhood favorites, including cookies, pies, breads, rolls, etc. The quality recipes are simple and also have ingredients from the most basic Paleo pantry which means you don't need to race to the store to get something you're not acquainted with to start cooking! The main sweeteners used are maple syrup and honey. To quickly find a recipe, there exists a section toward the back of the book where each recipe in a menu category is normally listed utilizing a small photo - for all those of us with visual recollections. But if I \*did\* need a pantry item, she's got me covered with a listing of suggested sources. The meals is good, the elements are no problem finding, most of the quality recipes are attractive to my whole family, and the quality recipes are simple enough.0) Beyond Fabulous! I'm so stoked to finally get my hands on this Paleo cookbook! I simply received my copy yesterday and couldn't wait around to open this beautiful cookbook and drool over-all the dishes that Kelly come up with to create this cookbook so fabulous. Fun and Yummy This is a fun and imaginative cookbook. The photographs of the meals are amazing. The main flours used are tapioca, almond and coconut. Kelly put lots of believed into this book specifically for women (and males!) who do not have a ton of time to spend in your kitchen.' (Valentine's Day is coming up soon, and it's likely to be on the menu! The food is quite flavorful, and on the hearty part. I write this post with sincerity and appreciation for Kelly and her commitment to her wellness. Kelly knocks it from the park! Thank you Kelly for posting your journey as well as your commitment to not only your own wellness but the health of others. Banana Cream Pie - a few of the missed "staples" of the SAD however in a more healthy form I rarely write evaluations, but I simply received my book in the mail and am extremely pleasantly surprised. Nowadays I am extremely hesitant to order cookbooks, as Personally i think it's the same quality recipes repeated over and over in every book. This has some very nice recipes and easy too! Things I've not seen additional Paleo books including such products because the Cherry Toaster Pastries (which are also AIP - wow! So I will either write in lacking entries or perhaps use the visible index of recipe categories, or maybe even turn to the Table of Contents. The book is quite well laid-out and organized. Many recipes are attractive to children as well. I value that, if one is already following Paleo food prep, no additional buying is required for specialty items. Ideal for Paleo newbies as well as those like myself who've been eating clean for a while now. Done well, Kelly! This will be your new favorite cookbook!! I actually've had this cookbook

For some time now and it is becoming my absolute go to for all things Paleo. The bbq sauce is to die for, the skillet cornbread, cinnamon cereal, meatloaf, carrot cake, and rib dishes have all been permanently put into my personal recipe book. I personal at least 15 additional paleo cookbooks and use this one even more than all the others combined! I really like this cookbook I love this cookbook! I've give many copies as gifts. I am allergic to wheat, corn, and peanuts and found numerous recipes I could eat. I take advantage of an index a lot to find quality recipes and I've found a few issues with this index. I found much more recipes that I could eat than I was anticipating. She does not make use of any peanuts, dairy or wheat in any of her recipes. So far with the recipes I've tried, they taste just like the originals! Delicious and comforting allergy free of charge recipes for my clients and family members! I'm so excited about Paleo Eats! For many clients and my loved ones, furthermore to gluten-free, dairy-free of charge, soy-free, and grain-free, I want egg-free, nut-free, coconut-free of charge recipe options as well. Paleo Eats has plenty of recipes with those foods but has a few options without them, which is nearly impossible to find. Paleo Eats delivers truly comforting, delicious allergy free of charge recipes and that means you and your family members don't feel deprived in the least bit. Great Paleo Comfort Meals Recipes Mrs. Johnston produced the paleo version of "cornbread" and it was delicious and truly a comfort food. For a first timer trying new diet methods this is the perfect publication. If the images were alive and actual, I'd have eaten every one of them right now. I can't await her sequel to "Paleo Eats". There's an entire "baking tutorial" in the back to help you succeed at producing the dessert and bread options." The Honey Ginger Carrots had been popular yesterday. It is superior to I expected. Great Paleo book! I own several Paleo books, that is one of my favorites. ; Great for beginners! You can find a number of surprises in this book, though. Four Stars some recipes looked really good. Five Stars ok I take advantage of this on my new life style.



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