

A man and a woman are sitting at a wooden table outdoors, smiling and eating. The man is on the left, wearing a blue and white patterned button-down shirt. The woman is on the right, wearing a light blue sleeveless top. They are both holding forks with food. In front of them are plates of food, including what looks like steak and vegetables, and glasses of water. The background is a lush green garden with pink flowers.

The Food Lovers

Make it Paleo

over 200 grain-free recipes for any occasion

Foreword by Mark Sisson
author of The Primal Blueprint

Bill Staley and Hayley Mason
authors of The Food Lovers Primal Palate

Hayley Mason

Make it Paleo: Over 200 Grain Free Recipes for Any Occasion



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Transitioning from regular foods to a grain-free Paleo way of living can be a daunting proposition to many people. Hayley Mason and Bill Staley, authors of "The Food Lovers Primal Palate" demonstrate steps to make cooking gourmet Paleo meals a carefree affair for everyone, from a kitchen rookie to a seasoned chef. Her practical, efficient and methodical cooking design in "Beyond its wealth of tested recipes, "Make it Paleo" describes fundamental cooking methods, includes tips for selecting the best ingredients, and chronicles a number of menus for holidays and special occasions., demonstrate how easy it is to consider any dish and Make it Paleo! " demonstrates delicious grain-free eating can be easily achieved by anyone and leave you feeling as if nothing is missing from your own plate. is filled with meals that lovers of great food will enjoy, if they follow a grain-free lifestyle or not. About the Authors Hayley Mason, a higher definition makeup artist been trained in Hollywood, under no circumstances thought she'd be applying her styling talents to grass fed beef and grain free desserts rather than the eyes and cheek bones of movie stars. In only over a calendar year, Hayley has become one of the most acclaimed culinary forces traveling the grain free of charge cooking motion. Adapted from Chinese, French, Mexican and traditional American foods, the over 200 mouth-watering recipes are each accompanied by lively photos and thoughtful notes to ensure you recreate each dish easily. Make it Paleo "Make it Paleo" Her holistic method of health, wellness and nutrition is a common thread that weaves its method through every recipe in "Make it Paleo". Bill Staley, a scenery architect and seasoned artist, brings his wealth of creative talents to the desk in "Make it Paleo" "Make it Paleo" Drawing upon nearly ten years of experience in graphical design, photography, and various other artistic pursuits, Costs now brings his eyes for aesthetics to your kitchen. and ". His keen sense of picture composition and experience with the program and technology required to record each dish are both immeasurable and essential to his part in creating "The Food Lovers Primal Palate".



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Fantastic cookbook for Paleo or anyone gluten/grain free! This is an extremely great Paleo resource or anyone who is gluten/grain free. The dishes are wonderful, but there could have been two dishes per some pages rather than just one huge picture and recipe.. I love pictures in a cookbook, but I'd like the pictures to operate not just as a visual improvement but as an aid to how to prepare the foods. They taste just as good as "genuine" treats this means it can become easy to eat too many of these so if you want to lose weight you might want to stick to all of those other cookbook and conserve the treats for holidays. We was excited to get this book, and at a lower cost than at our neighborhood chain bookstores; I in fact went through every recipe in the desk of contents and when compared to recipe list on their website. Plenty of pictures, and a very pretty book to possess on your bookshelf. fast shipping Good recipes fast shipping Thank You Simple quality recipes with beautiful pictures Simple dishes with great flavor, the pictures are a beautiful in addition. I greatly choose hadcopies of cookbooks but I own Make It Paleo II and love it so when the sale arrived up I jumped upon this. And as expected I haven't actually used it.. And will I say it had been worth the purchase simply for this only. EXCEPT my hubby often wants carrot cake for his birthday. THEREFORE I went on a hunt through all my different books for an ideal carrot belly-ache free carrot cake.. We did share a bit the night of his birthday but after short discussion of the ingredients he made the decision that it totally qualifies as breakfast :). So when I was on the search I spotted other things I intend to try if I remember to look on my ipad. LOVE this cookbook We have made a huge amount of .. The dishes are also highly relevant to normal foods. The desserts, though, are fantastic. I really like this book a lot more than any other one. LOVE this cookbook I have made a huge amount of recipes plus they have almost all been great! If you're looking to restore or maintain your wellness by your diet plan and choices this book should be on your "head to" list. As a dietary consultant, I do see a lot of people struggle to take away the sugary/starchy/grain foods from their diet that are the main way to obtain health issues. Again love this publication and if you are paleo or just searching for a grain free diet this book is crucial have cook book! By including such a vast chapter on sweets, this publication in my mind provides impression that sweets can be part of each day or even every meal whenever we all need to cut waaay back again. But if you keep that at heart, it is possible to enjoy better health by following a true Paleo diet and the other quality recipes in this publication are helpful and delicious. I did so so want to enjoy it even more. Make use of their website rather! Also, they use lots of coconut milk in dishes and I am personally allergic to coconut. Coffee table cookbook I do like that this cookbook has pictures, but I agree with other reviewers; Nevertheless, after receiving the book, I went on the authors' website and was extremely disappointed to find that ALL of the recipes were duplicates of recipes on the website that you could access for Free of charge. I know this is simply not necessarily common, but I wanted to bring that up as well. Each one was included on their website. The website actually has more quality recipes than the reserve. Kudos to them for having a good website, but save yourself some money and simply get the recipes on the web instead! plenty of looonnng recipes A pleasant book, and I am glad I bought it since it has nice dishes in it. General it's a truly outstanding book with great directions and beautiful photos! But, the first 50 pages the authors discuss themselves, some of the recipes have become complex burning up the better section of two webpages, and the publication is heavy so is not easy to possess laying aaround the kitchen when cooking from it. I sometimes xerox just the web page I need that has the recipe onto it that I need. I QUICKLY scotch tape the web page on my cupboard door to look at as I measure out the elements. Not my best purchase, but I do utilize it occasionally. the recipes are good - easy to follow instructions and wonderful images. the pictures are in fact TOO much vision candy. Their "sweets" perform have natural sweeteners like honey or maple syrup. I would recommend it. Also, the reserve is large and awkward to hold. It's an okay publication, but I was amazed to be disappointed. Save your money! I will keep it, and I'll use the recipes, however the new trend toward coffee desk cookbooks is not my thing. the best paleo book the best paleo book out there, in my opinion... Healthful, mostly--as well many "treats and cheats" for a Paleo cover The authors did a mostly fine job of giving us workable recipes (and certainly beautiful photos of these) and strategies..! This book is nearly all recipes with several great tips and equipment that are good to have initially. I really love the make it paleo books because unlike ever additional paleo cookbook I have ever found this one will not spend fifty percent of the reserve convincing you paleo it the ideal solution. Just switching to an "authorized" glucose like maple syrup or natural honey is not actually the solution, although certainly better after that corn or cane. Also Bacon cookies certainly are a

must try!!! Carrot Cake Yumminess So I actually just made my first thing from this ebook. Hands down my favorite paleo book. An easy task to make receipted. Great dishes. I lost 20 lbs over the course of a year going paleo Five Stars Lots of information on Paleo Five Stars #1 in my library Interesting It's ok..! I will mention a couple of cautions in the hopes it might help people... It includes a huge picture for every recipe, which I want when cooking.. The photos are incredible but the recipes are fundamental... Nothing right here you can't find online for free.food stuffs are more expensive compared to the avg. person on SS can afford Photos are incredible but recipes are basic. Disappointed... Must have figured this out with the dishes shown with "look inside" tool. Great Choice!!! Exceptional and such fun to cook! I am savoring an easier way of eating and don't feel deprived at all. I still eat occasional starch and grace m, however in moderation now.



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