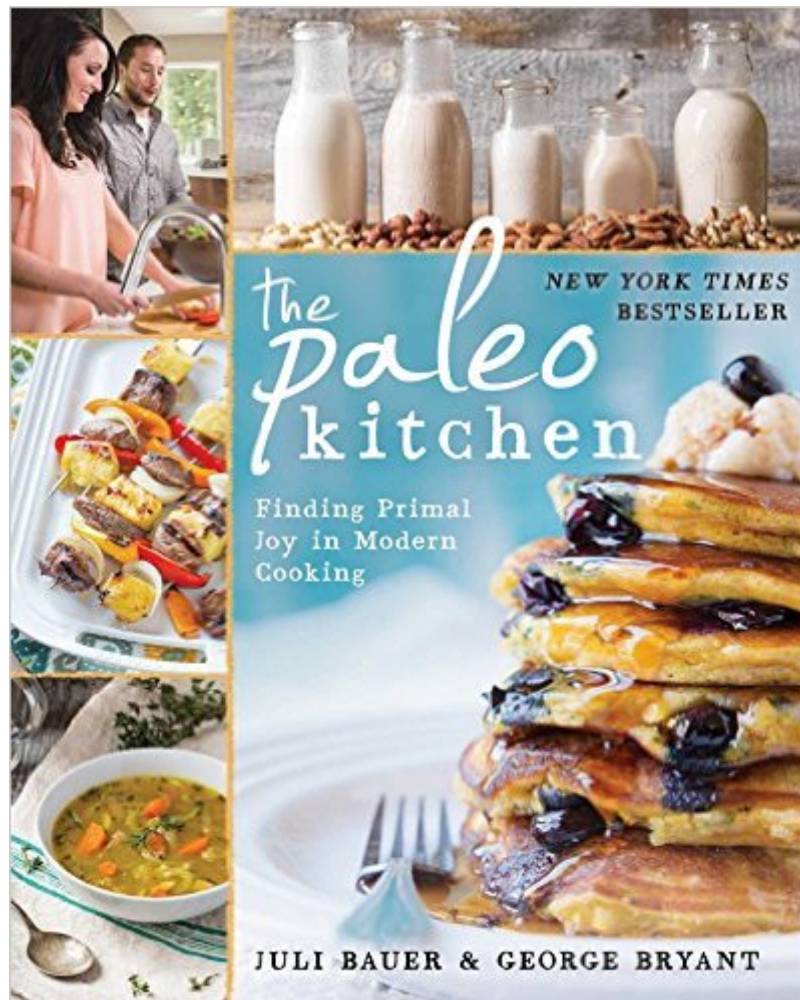




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# The Paleo Kitchen: Finding Primal Joy In Modern Cooking



## Synopsis

George Bryant and Juli Bauer, two of the most insightful and well-respected Paleo powerhouses have united to bring a myriad of bold and delectable gluten & grain-free Paleo recipes straight from their kitchens to yours in their new cookbook *The Paleo Kitchen*. Together, George and Juli have masterfully created daring flavor combinations that will bring your Paleo experience to a whole new level. This beautiful cookbook offers full-color photos along with tips, tricks and anecdotes straight from the clever minds of these culinary mavericks. *The Paleo Kitchen* boasts over 100 brand new recipes consisting of appetizers, entrées, side dishes, and decadent desserts that are sure to invigorate and please the fearless caveman palate. Recipes include: Sage and Shallot Delicata Squash Soup, Citrus Mint Sugar Salad, Blackberry Lavender Muffins, Banana Chip French Toast, Creamy Seafood Risotto, Pepper Crusted Prime Rib, Asian Marinated Bacon-wrapped Asparagus, Spinach and Artichoke Stuffed Portabella Mushrooms, Blueberry Cheesecake, Lime Pound Cake with Coconut Lime Frosting. Experience the Paleo you never thought possible!

## Book Information

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## Customer Reviews

The Paleo Kitchen is energetic and full of tantalizing recipes. Juli and George bring the fun back into the kitchen and ensure you will enjoy the process just as much as consuming the meal! This book is packed with wonderful information for beginning a Paleo lifestyle arranged in an entertaining format,

and every recipe seems to jump off the page with exciting flavors and colors. (-DANIELLE WALKER, New York Times bestselling author of *Against All Grain*) The recipes that Juli and George have created in this book are stunningly inventive, combine bold flavors, and are just plain fun to eat. If taking great pleasure in your food is your goal, *The Paleo Kitchen* delivers! (-DIANE SANFILIPPO, New York Times bestselling author of *Practical Paleo* and *The 21-Day Sugar Detox*) *The Paleo Kitchen* is a duet for the ages. Juli Bauer and George Bryant have joined forces to craft a gorgeous new recipe book thatâ€™ll delight and inspire you to shop, cook, and eat smarter. With Juliâ€™s signature wit, Georgeâ€™s fabulous photography, and the duoâ€™s tried and true dishes, this cookbook will soon have you dancing in your own Paleo kitchen. (-MICHELLE TAM, New York Times bestselling author of *Nom Nom Paleo: Food For Humans*) The dynamic duo of Juli Bauer and George Bryant have partnered to create *The Paleo Kitchen*, an amazing cookbook full of ingeniously healthy yet delicious recipes that will keep you entertained in the kitchen! (-ELANA AMSTERDAM, New York Times bestselling author of *Paleo Cooking from Elana's Pantry*)

George Bryant is the creative genius behind the wildly popular Paleo food blog *Civilized Caveman Cooking Creations*. After spending the first 20-something years of his life in a constant battle with his weight, and then nearly losing both his legs while deployed as a U.S. Marine, George took matters into his own hands and began his Paleo journey. What started as a simple place to post recipes for friends has since become an award-winning food blog. After serving in the Marines for 12 years, George now enjoys working full-time creating delicious Paleo recipes, hoping to change many lives for the better by making simple and tasty real food dishes. Juli Bauer is a self-described foodie who creates Paleo versions of grain-filled favorites on her extremely successful blog, *PaleOMG*. She started the blog to help friends make the transition to Paleo a little more easily, only to see it grow from a few readers to more than 100,000 and counting in just eight months. The popularity of *PaleOMG* can be attributed to Juliâ€™s refreshing honesty about her own trials and tribulations and to her mouthwatering recipes -- and to her heartwarming personality. But what Juli loves most is having the opportunity to be a part of peopleâ€™s lives through food. And Paleo food is what keeps us living longer and healthier, all together.

"*The Paleo Kitchen*" has been one of the most creative Paleo recipe books that I have ever read. It truly extended my scope of what can be accomplished on the Paleo Diet. Examples of some of these recipes include Bacon Sweet Potato Hash with Apples and Pear, Creamy Cauliflower Soup, and Coffee Pecan Ice Cream. Even some of the recipes that are traditionally covered in Paleo

recipe books, such as sweet potato fries, waffles, and burgers are given a creative flair. This book also had the most extensive list of "what you need for your paleo kitchen" as well. Just about everything you could ever need for a Paleo kitchen is needed. This list, coupled with Juli Bauer and George Bryant's personal stories in the beginning of the book, provide an excellent and authentic introduction to the Paleo world. The other thing I liked was the great food photography, even in the Kindle version. Having said that, the recipes are not the quick "Let me just make something in 5 minutes" variety. You actually need to take your time with the recipes. There are a few recipes that can be done quickly, but an overwhelming majority require time in the kitchen and patience. If you are looking for a quick Paleo meal to make in 15 minutes or less, this might not be for you. If you are tired of creating the same bland, Paleo foods or just want to create something creative with a more natural approach, this book is for you. It's a great reference book and a perfect complement to books like the "Primal Blueprint Cookbook". I bought the Kindle version (due to a delivery mix-up with my print order), but I am going to buy the print version.

Whether you are going to go Paleo completely or just want to do it every now and then, this is the cookbook for you! The recipes are delicious and easy to follow and the pictures are almost drool worthy... I also love all the tips and information provided as well - very helpful! I did Paleo for about 6 months a year ago and it was the best I have felt in years... Going back to it and this cookbook makes it even easier than it was the time before. I love lean meats and vegetables so that part and that works perfectly with Paleo... But I have a bit of a sweet tooth so giving up sugar, dairy and grains was the challenging part for me... So I was delighted that the blueberry pancakes and the muffins with jam swirled in turned out so well... The true test was the ice cream though... And I can tell you that I made the Coffee Pecan Ice Cream and it was delicious!! I even bought an ice cream maker because I am planning on making all the ice creams over time because my family enjoyed them as well!

I absolutely loved this book to death. When I went on a primarily paleo diet, this book was a lifesaver. I was able to make healthy food taste good. I had tried in the past to eat healthy, salads, fat free & sugar free dressing, premade frozen meals. That got old and boring quick. While I still purchase Paleo friendly frozen meals & salads, I can mix in recipes from this great book to add that type of variety. Honestly the only issue I had with this book was that it can get a bit on the expensive side. Some of the ingredients, organic stuff especially can really add up. So just be mindful of your budget & you will find this to be a great option for some wonderful meals!

I've been a fan of George's website and recipes since I went Paleo a little over two years ago. I was so excited when I first heard that he teamed up with Juli from PaleOMG to create this book. This book has something for everyone. It's recipes are realistic for the layman to be able to cook from it but still flavorful enough for even the most critical foodie. What I enjoy most about the book is that the recipes are real. What I mean by this is that the recipes don't call for any ingredients that you need only for one recipe and then will NEVER use again and the recipes are realistic to be able to put together in any kitchen. The pictures and layout/organization of the book and recipes make it easy to use. The lists at the beginning of what you're going to need make it a cinch to get yourself organized. The book and recipes are done in a more conversational tone so it's relatable, as if it was an old friend emailing you their favorite recipe. Even though I've done Paleo for 2 years and countless recipes there are plenty of new ones in this book to keep me busy for at least another year or two. I cannot recommend this book enough. I even bought a second copy for a friend who was just diagnosed as Gluten intolerant.

I love this book! My mom checked out a ton of paleo and gluten-free cookbooks from the library to test out. This one's the keeper that I decided to order. I like the intro -- it's so personal. The photos are gorgeous. Juli is amazing at making common dishes taste great in Paleo form. I rave about this book to friends who cook. I also like the quick guide in the back with pictures. It's easy to find what I'm looking for.

My first Paleo cookbook and it was everything I could hope for! Wide variety of recipes (entrees, soups, breakfast, apps, desserts, etc) and only a few of them called for an ingredient that I didn't have on hand. Easy to follow instructions, gorgeous photography and truly delicious food. I have followed Juli's blog for a few years now and adore her lighthearted, cheery outlook and offbeat sense of humor. After reading through the whole cookbook, I immediately started following George's Instagram and blog as well. These two are genuine representatives of the Paleo community that I love; their passion for healthy-but-yummy food and non-preachy humor is evident on every page. If you're on the fence about this purchase, just do it. Especially if you're a beginner to going gluten-free, grain-free, or Paleo/Primal, this is the cookbook for you. Lots of helpful tips and tricks throughout the book like keeping produce fresh, cooking different kinds of meat, etc. It should be a staple cookbook in every Paleo cook's kitchen. Thank you, Juli and George, for creating such a lovely cookbook. You guys are awesome sauce.

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