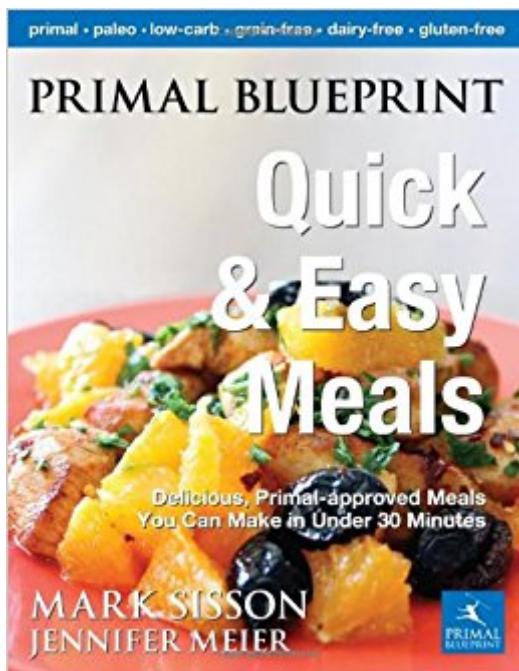


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# Primal Blueprint Quick And Easy Meals: Delicious, Primal-approved Meals You Can Make In Under 30 Minutes (Primal Blueprint Series)



## **Synopsis**

Low carb styles of eating--whether touted as Primal, paleo, Atkins or the evolutionary diet--have proven to be the most effective for health and weight management. Unfortunately, many adherents find that regularly preparing healthy, natural meals the traditional ways can often take more time than they would like to spend. Following the immensely successful Primal Blueprint and Primal Blueprint Cookbook, Primal Blueprint Quick and Easy Meals offers healthy, low-carb Primal-approved recipes that can all be completed in under half an hour and, in many cases, in just a few minutes. Sisson and Meier show you how to delight your family or guests every time with quick, delicious meals using local produce, CSA meats, healthy fats (yes, and real butter) and common herbs and spices. Now there are no more excuses for you to get into the Primal lifestyle, start losing weight, staying healthy and having more energy while enjoying nature's most satisfying foods.

## **Book Information**

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## **Customer Reviews**

My wife and I run a paleo home kitchen. This book is a fantastic addition to our growing list of paleo/primal recipes. What specifically makes this book such a big win is the layout and generous use of quality pictures. Every recipe is accompanied by an ingredient list, a nutrient list, clearly written (not overly verbose) instructions, and perhaps what my wife and I appreciate the most, a picture of the ingredients and a picture of the finished product. This book was not just thrown together in haste. The photography is high-quality, the recipes extremely tasteful and the section

broad. I highly recommend this book for anybody who appreciates high-quality, healthy meals.

I'm just getting started in the PRIMAL lifestyle and this was my intro book for recipes. Please know I've been buying Healthy Eating cookbooks for decades, I will admit to nearly giving up because as much as I love preparing fresh food, and I adore it - I just wanted excellent taste results with a minimal to moderate time invested, and I don't need to prepare meals for 4 - just me or for two. First, well laid-out design, love the pictures of the ingredients that are gathered before putting together the dish. Second, as another reviewer pointed out, these have obviously been truly kitchen-tested recipes - I've not had a single failure - PERFECT dish everytime. Third - the recipes are the EASIEST to put together. This morning I went into the kitchen with a little bit of trepidation to make a salad for lunch - 8 minutes later I had a gorgeous Blueberry Walnut Arugala salad with a fresh raspberry vinaigrette. This inspired me to get onto and spread the word about this recipe book. Also, I don't have unused foods - there is a mindful intention of when you buy a head of cauliflower, that there are several recipes to use up the other half; so there is some intention on the authors and their development of their recipes. The recipes are brilliant, easy - superhealthy - satisfying - and because all these components as mentioned above - I'm sticking to it. Let me put it this way, I'm buying this book to give to friends because they need to know how great this is. You need to know how great this is.

I've been a fan of Sisson's first cookbook for some time, though a good portion of it was about how to cook great hunks of meat, and the other portion of it was how to make paleo versions of stuff we shouldn't really be eating. This book focuses more on everyday foods that are simple to make. None of the recipes in here looked terribly difficult or time-consuming, and almost every single one looked AMAZING. I have many shelves of cookbooks, and this one has so many dog-ears in it of things I must try that it's puffed out and not closing all the way - that will give you an idea of how little fluff is in this recipe book. Sample recipes: cauliflower arroz con pollo, coconut curry meatballs, sweet and spicy coconut sauce, creamy coconut squash, cauliflower puree with sausage and poached eggs, creamy basil pesto, cole slaw, jalapeno egg salad, tahini chicken salad, spinach coconut milk soup with curried shrimp, pork fried cauliflower rice, un-stuffed cabbages, skirt steak and turnip risotto. Seriously, with a little prep, you won't miss your usual grain-based diet. Those that live gluten-free or low-carb will find some great inspiration here. I'd highly recommend Sisson's cookbooks, both of them, whether you're new to paleo/ primal eating or whether you're established in this lifestyle.

I just got this book and I'm really excited about it. Lots of great recipes. Pros:- Lots of variety- Colour photos of the raw ingredients, the meal being prepared and the final product for every recipe. I've never seen a cookbook do this before and it's so awesome and helpful.- Nutrition info for every recipe- Great index- Awesome sauce section Cons:- I think ALL cookbooks oughtta be spiral bound so you can lay it flat and look at while cooking- Dust jacket is going to get destroyed in the kitchen, would have preferred a glossy hardcover without dust jacket If you are new to Paleo, or getting sick of making the same meals over and over, get this book. It will be a great addition to your kitchen!

Quick, non-intimidating, delicious meals. I have both of Mark's cookbooks, and eating Primally has absolutely changed my life. When this showed up yesterday, I flipped through it, and 90% of these meals are something that I would make, enjoy, and use again and again. I can't say that about any other cookbook on my shelves. Guests would never suspect they were being served "crazy caveman diet" food, (their words, not mine) because it is what it is: real, glorious, basic food. Most of it can be made using ingredients that I already keep handy: granted, I have been eating this way for over a year now, so it comes pretty naturally at this point. Really solid snack and breakfast options: entrees for the Primal eater are not hard to find, but I need to accept that I will eventually get sick of eggs, and when that time comes, The Primal Hot Cereal recipe will come in handy. If you're into counting carbs and calories, this one does have a macronutrient profile. Lots of potential for customization, and good-old-fashioned common sense. If you're more Paleo, there's dairy subs/suggestions/omissions too. The pictures alone will make your mouth water. I actually caught my husband flipping through it, which is a first. What's not to like?

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