



The Paleo Cookbook: 90 Grain-Free, Dairy-Free Recipes the Whole Family Will Love

By Anna Conrad

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When chef and caterer Anna Conrad was asked to provide paleo recipes for a fitness group's twenty-eight-day paleo challenge, she was a little skeptical. Could an athlete—or even an average person—really maintain a balanced body without any grains or dairy? Before agreeing to the job, she decided to follow the diet for two weeks to see how she felt. In that short amount of time, she lost eight pounds without feeling hungry or deprived, and her blood pressure, heart rate, and cholesterol all stayed within healthy limits. She gladly provided the recipes and now offers a paleo menu as a regular part of her catering business.

In this book, Conrad explains the basics of the paleo diet and then provides ninety delicious recipes for every meal of the day, plus some snacks and desserts. She also includes the menu for her twenty-eight-day paleo challenge for those just starting the paleo lifestyle. Recipes include:

- Pumpkin spice muffins
- Basil pesto stir-fry
- Garlic lime chicken
- Pork tenderloin with apples and onions
- Bison chili
- Baked fish with asparagus and roasted beets
- Stuffed portobellos
- Lime coconut candy
- Blueberry citrus pound cake
- And many more!

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Editorial Review

About the Author

Anna Conrad grew up cooking with her Hispanic mother and has enjoyed multicultural culinary influences from her French grandmother, Italian mother-in-law, and her formal culinary training in Thailand. She founded her catering business, Chef Anna, in 2010 and Ideal Mealz, a service designed to help home cooks prepare healthy meals affordably and efficiently, in 2011. She lives in Chattanooga, Tennessee.

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April Cotton:

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