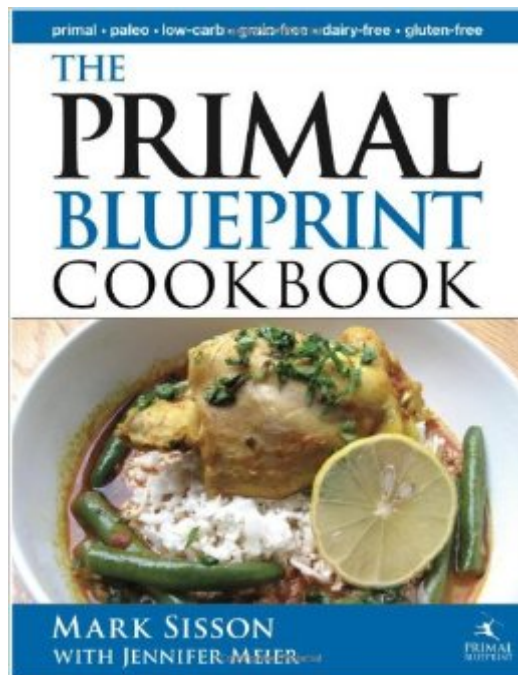


The book was found

# The Primal Blueprint Cookbook: Primal, Low Carb, Paleo, Grain-Free, Dairy-Free And Gluten-Free (Primal Blueprint Series)





## Synopsis

The popularity of the low carb/paleo/Primal way of eating has exploded, as people discover an appealing and sustainable alternative to the restrictive diets and flawed conventional wisdom that lead to burnout and failed weight loss efforts. The dream of eating satisfying meals-even on a budget-controlling weight and feeling great has now become a reality. As you build momentum for Primal eating, you'll find that you won't even miss the bland, boring, low-fat foods that previously were the central focus of your diet. How can you argue with a menu that includes Roasted Leg of Lamb with Herbs and Garlic, Salmon Chowder with Coconut Milk, Tomatoes Stuffed with Ground Bison and Eggs, and Baked Chocolate Custard? This isn't a crash course diet. These and the other Primal recipes provide the foundation for a lifetime of delicious, healthy eating, high energy and protection from common health problems that arise from eating the SAD (Standard American Diet).

## Book Information

Series: Primal Blueprint Series

Hardcover: 278 pages

Publisher: Primal Nutrition, Inc.; 1 edition (July 15, 2010)

Language: English

ISBN-10: 0982207727

ISBN-13: 978-0982207727

Product Dimensions: 7.3 x 1 x 9.2 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (338 customer reviews)

Best Sellers Rank: #18,968 in Books (See Top 100 in Books) #8 inÂ Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #16 inÂ Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #52 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb

## Customer Reviews

All my readings and life experience (previously working for five years in a natural foods co-op) have now finally converged on the Primal diet lifestyle as the common sense approach to nutrition (and, for me, backed up by the well-researched book, Good Calories, Bad Calories by Gary Taubes).I've bought a lot of cookbooks on my journey to a more healthy diet. And some of those cookbooks seem to be comprised of recipes that were conceived purely on theory and not at all on taste (cough..Atkins..cough).I knocked out 5 of the recipes in the Primal Blueprint cookbook in a week and a half, and every single one of them tasted FANTASTIC. Even my wife and two children, whom



I'm slowly trying to wean from their highly-refined carbo-centric tendencies, raved about the recipes I cooked (e.g. Moroccan chicken, Transylvanian stockpot, Coconut ice cream, zucchini frittata...) These are not people who like the taste of real vegetables. My wife said, and I quote, "That cookbook is best money we've ever spent. I can't believe how good this tastes." Clearly, the recipes were tested and refined by an actual person who knows the taste of good food. Thank you, Jennifer Meier. Also, I have a son who is Type 1 diabetic. We noticed that the meals I cooked from this book had a very low effect on his post-meal blood sugar. No huge post-meal spike and less insulin required at mealtime. That in itself was worth the price of admission. Cookbooks like this show him that he can eat delicious meals that do not adversely affect his blood glucose. He will need this knowledge to cope with his diabetes when he ventures out on his own (he's 10 right now). To me, a five-star rating indicates a perfect book (or movie, or whatever), so I'm giving it 4 stars, a very high rating to me, for the following reasons:- It does not have an index referencing the ingredients. I often cook by the "what-have-I-got-in-the-refridgerator" method; designing a week's worth of meals (and our food shopping) around that. With this book, I can't look up all the recipes that have zucchini in them. So put an index in it already.- I do have the Primal Blueprint book also, but what if I'm someone who doesn't have that and just wants the cookbook? This cookbook doesn't contain a brief overview of the theory behind the recipes it contains; it just jumps right in to the recipes. A Primal Blueprint primer at the beginning of the cookbook would round it out nicely.- Final (unfair) criticism: not enough recipes! You do get your money's worth, but I want Volume II already! (I'm not one to browse the internet or blogs for recipes; I like cookBOOKs. Highly recommended cookbook as it contains excellent tasting, easy, nutritious recipes!

Been a fan of Mark's Daily Apple website for a couple of months; I like the reader-shared recipes there, so hoped this cookbook would be more of the same. Came away with mixed feelings....while there ARE some new things I had never thought to try (new spice uses, flavor combos, etc.), a lot of it echoes common sense for anyone who is familiar with basic cooking techniques and has been eating this way for any amount of time. This is a great intro for anyone afraid to make the leap, for whatever reason, into the Primal world in terms of diet (and I hesitate to use that term, because it's more of a lifestyle than a "diet") and fears that it would consist of bland meat & raw veggies. There are some pretty sophisticated (but not complicated to duplicate) flavor combos here, and you'll do better if you live in an area with at least access to a metropolitan grocery choice (wheat-free tamari, unsweetened coconut milk, dried seaweed) but much of the ingredients ARE readily available. I've lost over 70#s by limiting my diet to the choices advocated in this book (didn't realize it was a "diet"



at the time), have tons of energy and advocate the primal lifestyle (mainly diet, but I like the walk a lot, lift heavy objects-low aerobic/interval training- physical mission aspects as well). Vast improvement over the other "low-carb" cookbook choices out there ( I would rather NOT fill my diet with unpronounceable ingredients, thank you!) but not "OMG-I can't WAIT to try this recipe!" excitement.

A bit over 3 months ago I was diagnosed with diabetes and my doctor recommended The Primal Blueprint Cookbook as well as the Primal Blueprint. I bought both books on and after 3 months of eating these recipes and following the Primal dietary guides, I am no longer diabetic. The recipes are delicious and it will be no problem to continue to eat this way because my husband and I both enjoy the food. I lost 34 pounds in two and a half months and my husband lost 36. We continue to lose now, but at a slower rate. Just a note -- diabetes is rampant in our country now and like myself, most people know little about it until they get it. Let me tell you, there is pain involved, so for your family and for yourself, please switch to the Primal lifestyle. You will be thinner, stronger, healthier, non-diabetic, and I am sure you will live much longer.

[Download to continue reading...](#)

The Primal Blueprint Cookbook: Primal, Low Carb, Paleo, Grain-Free, Dairy-Free and Gluten-Free (Primal Blueprint Series) Low Carb Aroma Rice Cooker: 50 Easy, Low Carb and Paleo Recipes with Your Rice Cooker for Busy People (Low Carb Meals & Rice Cooker) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss Low Carb: The Low Carb Dessert BIBLE™ with over 200+ Decadent Recipes (The Ultimate Low Carb Dessert Cookbook for Rapid Weight Loss) Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (low carbohydrate, high protein, low ... Ketogenic Diet to Overcome Belly Fat) Easy Low Carb Slow Cooking: A Prep-and-Go Low Carb Cookbook for Ketogenic, Paleo, & High-Fat Diets Primal Blueprint Quick and Easy Meals: Delicious, Primal-approved meals you can make in under 30 minutes (Primal Blueprint Series) Paleo Cooking from Elana's Pantry: Gluten-Free, Grain-Free, Dairy-Free Recipes Rice Cooker Recipes - A Low Carb Cookbook - Low Sugar & 100% Refined Sugar Free - Gluten Free & Diabetic Friendly (Rice Rice Baby - Rice Cooker Cookbook) (Volume 2) Danielle Walker's Against All Grain: Meals Made Simple: Gluten-Free, Dairy-Free, and Paleo Recipes to Make Anytime Danielle Walker's Against All Grain Celebrations: A Year of Gluten-Free,



Dairy-Free, and Paleo Recipes for Every Occasion Homemade Sweet and Savory Pies: Traditional Recipes Plus Low Carb, Ketogenic, Paleo, Vegetarian Pies and All You Need to Know about Baking (Low Carb Desserts & Homemade Pies) Paleo Freezer: Delicious, Fix & Freeze, Gluten-Free, Paleo Recipes for Busy People (Paleo Diet Solution Series) Paleo: 30 Day Paleo Challenge: Unlock The Secret To Health And Dramatic Weight Loss With The Paleo Diet 30 Day Challenge; Complete 30 Day Paleo Cookbook with Photos Low Carb Living Cookbook Box Set: Low Carb Recipes for Breakfast, Lunch, Dinner, Snacks, Desserts And Slow Cooker The Everyday Low-Carb Slow Cooker Cookbook: Over 120 Delicious Low-Carb Recipes That Cook Themselves Everyday Grain-Free Baking: Over 100 Recipes for Deliciously Easy Grain-Free and Gluten-Free Baking Super Paleo Snacks: 100 Delicious Low-Glycemic, Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple & Satisfying Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2)

[Dmca](#)