



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

By Mark Sisson, Jennifer Meier

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The Primal Blueprint Cookbook : Primal, Low Carb, Paleo, Grain-Free, Dairy-Free and Gluten-Free (Primal Blueprint Series) By Mark Sisson, Jennifer Meier

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. Until now, high-quality cookbooks written for this growing community simply haven't existed. The dream of eating satisfying meals--even on a budget--controlling weight and feeling great has now become a reality. Make your transition to Primal eating easy and fun with this innovative cookbook from Primal Blueprint author Mark Sisson, and acclaimed chef/food writer/photographer Jennifer Meier. Included are over 100 mouth-watering recipes with easy-to-follow instructions and nearly 400 brilliant, glossy, full-color photographs to guide and inspire you to cooking and eating Primally. Save time with intuitive recipe steps, easy navigation, and great visual support. Find recipes quickly in the following categories: Meat, Offal, Fowl, Seafood, Vegetables, Eggs, Primal Substitutes, Marinades, Sauces and Dressings, Desserts, Beverages. As detailed in the Primal Blueprint, losing excess body fat is all about insulin. Regulate insulin production by eliminating grains and sugars and you will lose weight, even if you don't exercise much or are cursed with the "fat gene". Easier said than done, right? Well, the Primal Blueprint cookbook shows you how to transition from great American grain-based diet to a Primal Blueprint diet featuring meat, seafood, fowl, vegetables, fruits, nuts, and seeds. All of these Primal recipes have a naturally low glycemic impact, keeping your insulin levels--and thus your waistline--in check. 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 healthy eating, high energy and protection from common health problems that arise from eating SAD (Standard American Diet).

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Editorial Review

Review

Delicious non-dairy, gluten-free, paleo-friendly recipes that will make weight loss a breeze.

Beautiful color photos detailing every step in the preparation of each dish.

Based on the low-carb eating style described in the highly acclaimed book

Highly publicized on www.marksdailyapple.com, the author's blog which reaches over 400,000 unique visitors each month.

Hardcover version is #1 often in all low-carb cookbooks on Amazon

Based on experience of previous book

About the Author

Jennifer Meier is a graduate of the prestigious California Culinary Academy in San Francisco. Her culinary career spans a decade and includes stints in restaurants, gourmet shops, and wine stores in New York, Seattle, San Francisco and Los Angeles. She also holds a degree in Communications from the University of Washington in Seattle. Eventually, the writing and cooking merged into a food-writing career.

Mark is the one of the leading figures in the primal/paleo/ancestral health world, with his MarksDailyApple.com the most visited site in this category. Mark has followed the revolutionary bestseller, The Primal Blueprint, with six other books on primal living and eating. He is a former world-class endurance athlete (2:18 marathon, 4th place Hawaii Ironman), BA degree in biology (Williams College). Besides blogging daily and writing books, Mark hosts PrimalCon lifestyle retreats in North America

Users Review

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James Haney:

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