

The Paleo Cupboard Cookbook: Real Food, Real Flavor

By Amy Densmore

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The Paleo Cupboard Cookbook: Real Food, Real Flavor By Amy Densmore

In her new book *The Paleo Cupboard Cookbook*, acclaimed food blogger Amy Densmore presents **an all-new and personalized approach to Paleo cooking--allowing you to tailor each dish to your unique tastes**. Amy puts the focus on flavor, teaching you how to combine easy-to-find ingredients to create the flavors you love in your favorite dishes - all of which are grain-free, gluten-free and dairy-free.

Whether you are looking to lose weight, avoid food allergies, or simply want to achieve optimal health, *The Paleo Cupboard Cookbook* gives you easy ways to eat delicious food, feel great, and experiment with new flavors! With **over 145 mouthwatering recipes** and **4 weeks of complete meal plans and shopping lists**, *The Paleo Cupboard Cookbook* shows firsthand that living a real food lifestyle doesn't mean sacrificing variety or taste. Amy has made sure you will never feel deprived on a Paleo Diet, and you will get to eat delicious food every day, all without grains, gluten, dairy or refined sugar.

Recipes Include:

- Lemon Poppy Seed Waffles
- Paleo Tortillas
- BLT Scallops with Herb Mayo
- Cajun Shrimp and Grits
- Breakfast Pizza
- Taco Soup
- Honey Chipotle Meatballs
- Paleo Pasta
- Creamy Chocolate Mousse

Inside you will also find:

- 4 weeks of complete meal plans and shopping lists
- A list of Paleo snack ideas that are great for both kids and adults
- A comprehensive guide for using spices and herbs
- A special index for 40 minute or less, nut-free, egg-free and kid-friendly recipes

- How to make your own paleo basics such as almond flour, coconut flour, lard, tallow and much more!

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Editorial Review

From the Author

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From the Inside Flap
With over 145 simple, mouthwatering recipes - all without grains, gluten, or dairy - *The Paleo Cupboard Cookbook* shows firsthand that living a healthy Paleo lifestyle doesn't have to mean sacrificing variety or taste.

Whether you have food allergies, are looking to lose weight, or simply want to achieve optimal health, *The Paleo Cupboard Cookbook* gives you easy ways to eat delicious food, feel great, and experiment with new flavors!

From the Back Cover
Amy Densmore is the creator of Paleo Cupboard, a hugely popular food blog where she's published hundreds of delicious, creative recipes made from fresh, unprocessed ingredients. While raising two children and working a full-time job, Amy was finding it hard to maintain the level of energy that she needed to make it through her long days. She decided to move away from the low-fat, low-calorie diet she had been following for many years and turned to Paleo instead. Amazed at the results, she used some of her new-found energy to start her blog and begin sharing her recipes so that everyone could benefit from the same real-food lifestyle.

Users Review

From reader reviews:

Dirk Sullivan:

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Ruby Harris:

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Walter Taylor:

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Gloria Castaldo:

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