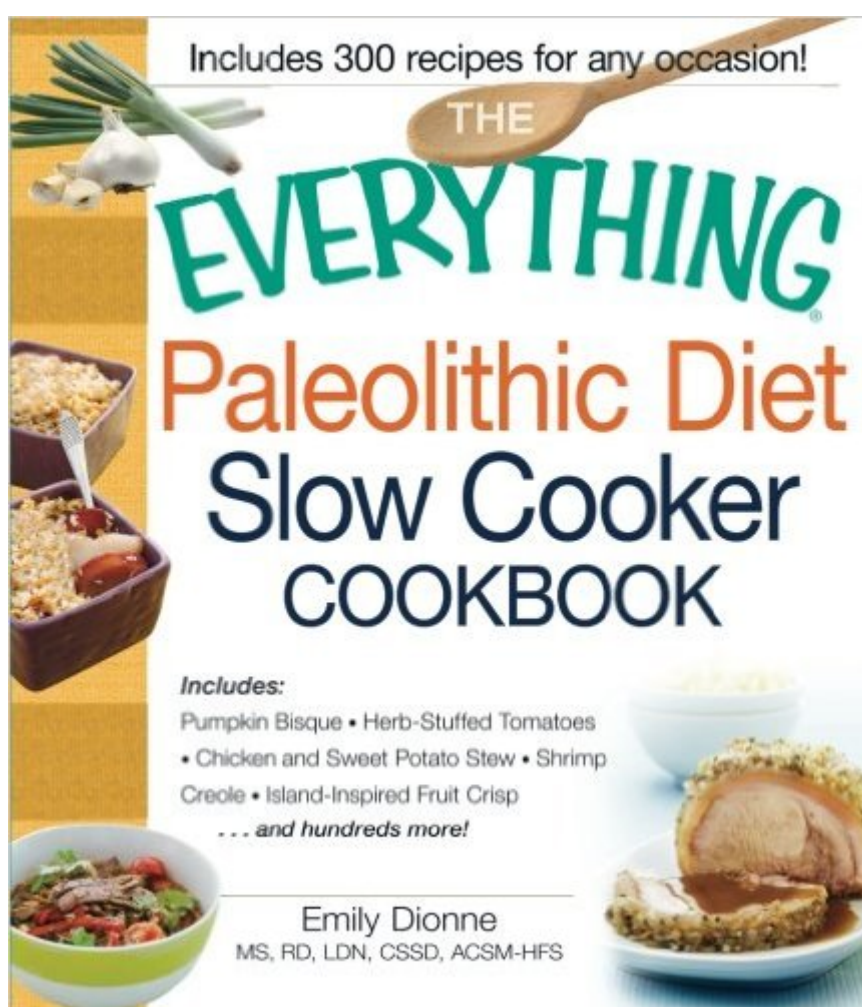


The book was found

The Everything Paleolithic Diet Slow Cooker Cookbook: Includes Pumpkin Bisque, Herb-Stuffed Tomatoes, Chicken And Sweet Potato Stew, Shrimp Creole, Island-Inspired Fruit Crisp And Hundreds More!





Synopsis

The enjoyable and nearly effortless way to cook like a caveman! Whether you're a recent convert or a Paleo devotee, you know that the Paleolithic diet is highly effective for losing weight and improving your overall health. But who wants to sp

Book Information

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Customer Reviews

There seems to be a number of different schools of thought on the paleo diet. I personally became interested in this lifestyle through a low carb diet and an interest in the gut-healing recommendations of the Weston A Price Foundation. Many of the recipes in this book call for lean protein and industrial seed oils, like canola. From what I've read, too much lean protein is hard on your kidneys and industrial seed oils are inflammatory and often made from GMO crops. I love using my slow-cooker for everything. The recipes in this book do look fairly tasty, but I'm going to have to modify most of them to suit my preferred version of the paleo diet. If you are also in the high-fat school of thought, this is not the cookbook for you.

My sister is following the Paleo Diet and convinced me to order this cookbook. I'm NOT on the Paleo Diet but found the recipes to be yummy and healthy. I used a crock pot back in the 80s when they were so popular but stopped when I got my first microwave. I'm happy to be using one again and think the recipes in this book are top notch. If you want something different to add to your

cookbook collection, this is it!

Found this book in a discount store. It is printed on newsprint style and the 'Everything' books are similar to the 'for Dummies' line. I liked how many of the recipes only required a few ingredients and they have a huge section for breakfast offerings but I swear every recipe calls for a different size crockpot. I have 3 but of course none of them is the size for the recipe I am looking at. But that is an issue with most slow cooker cookbooks. This one talks about athletes and modifications for their diets in the forward but not sure if that means the recipes incorporate those non-paleo foods or what. Wish there was info on the 'specialty' ingredients used. For example the few baking recipes I saw called for 'meals' like hazelnut and such but if they can be bought somewhere or if they must be made yourself type info would be helpful. Also some info on the variety of 'coconut' products used would help. I have never heard of 'coconut butter'. Is it just the oil in it's solid state? So I would not recommend as a beginner cookbook but if you are familiar with all of the 'grain free' ingredients already (and everything coconut), you will love the very simple recipes. Just wish more were set and forget. If you work, this will limit the recipes you can use. Many require tweaking after an hour on low, etc. Also, they mention how Paleo can work if you prepare meals in advance and portion up, etc. but offer no specific recipes (that I saw) that work well for this. Look for a sale price, I wouldnt spend too much money on this book.

Interesting concept. Using Paleolithic era ingredients to make healthy crock pot meals is a nice change from the usual fare. The first recipe I tried was the applesauce and it was almost too good to believe! I think you need to get a bit creative with some of the other dishes to make them pop a bit because of the limited ingredients, but it gives you a nice framework to create and work with. Hope you like coconut milk!

This would be good for someone who already knows Paleo because you have to modify a lot of the recipes to keep them inline with the Paleo way of eating. As others have mentioned, canola oil is a no-no and it is used throughout t he book. Plus they use butter flavored cooking spray...umm, no. If you are making a cookbook that is supposed to represent a certain way of eating it seems that you would have researched the basics. Two stars because if you know what you are doing then you can modify.

I see this is already mentioned in a previous review, but I agree. Canola oil in the very first recipe.

Will really need to pay attention when using this cookbook so we don't get derailed. Unfortunate.

I searched for a book on slow cooking for the paleo diet and this one offers many easy recipes for every course and kind of meal. I look forward to delicious food that doesn't take a great deal of effort to prepare and clean up afterwards.

Just received and disappointed as there are no pictures of the dishes being made. Am thinking positive that if I make them 'blind' I'll enjoy them, but who wants a cookbook with no pictures?

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