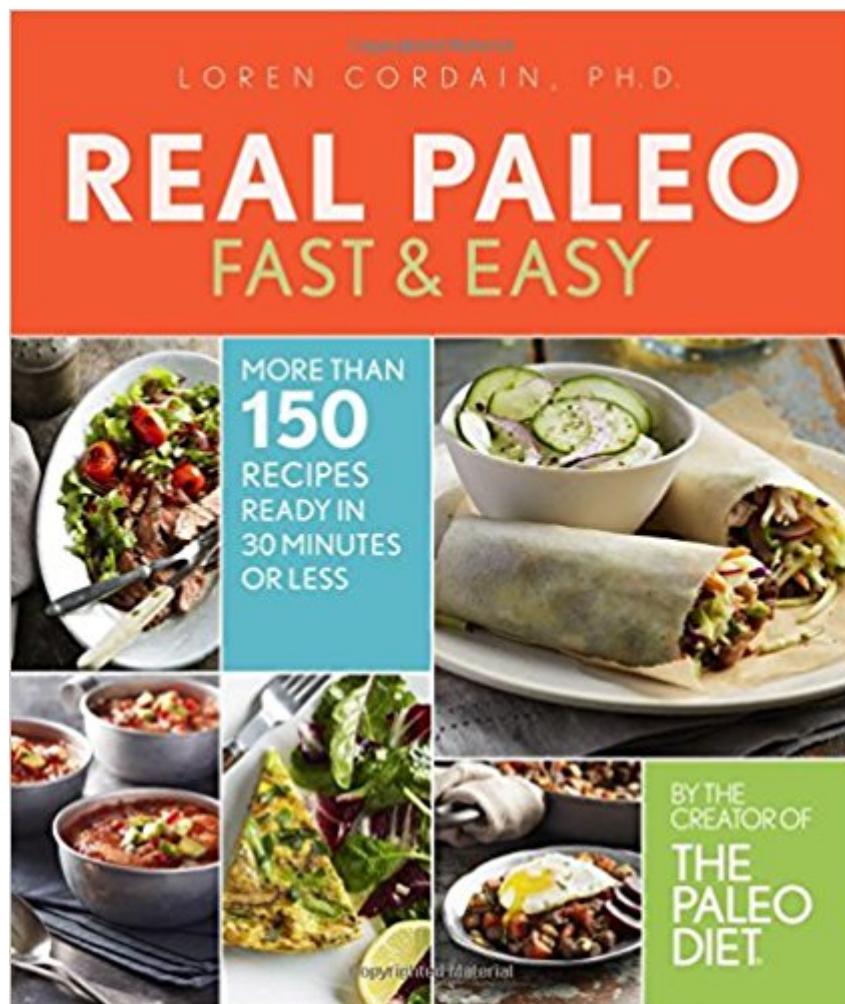


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# Real Paleo Fast & Easy



## Synopsis

The simple, satisfying and delicious way to eat paleo every day, no matter how busy you are Loren Cordain, Ph.D., creator of The Paleo Diet, understands that we live busy lives, but he also knows this is no reason to sacrifice good health; a great dinner that follows The Paleo Diet is only 30 minutes away with this innovative cookbook. The book has a range of speedy meals, from flash-roasted fish to microwave peach chutney for pork chops. There are soups, skillet meals, fresh dinner salads, and more. The 170 recipes and 70 color photos make dinner easy and appealing. The recipes use Paleo convenience foods, such as salt-free canned tomatoes and frozen vegetables, and draw on the techniques that Dr. Cordain and his family developed for their own busy lives. Also included is the Paleo Pantry, with recipes for Paleo condiments and spice blends to enliven meals throughout the week.

## Book Information

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## Customer Reviews

Grilled Flank Steak Tacos from Real Paleo Fast & Easy makes 4 servings Most chili powder blends are salt-free, but read the label to be sure. You can use hot or mild chili powder or a mix depending on your taste. Directions Sprinkle both sides of steak with chili powder blend. Grill steak, covered, over medium heat 10 to 12 minutes for medium (145°F), turning once halfway through grilling. (Or cook steak on a stove-top grill pan over medium-high heat.) Meanwhile, for guacamole, in a medium bowl combine avocados, jalapeños, cilantro, garlic, and lime juice. Mash with a potato masher or fork until

chunky. Thinly slice steak across the grain. Pile steak onto lettuce leaves. Top with guacamole, chopped Tomato, and onion. If desired, serve with lime wedges.

1 1/2 pounds beef flank steak	2 tablespoons salt-free chili powder blend	2 medium ripe avocados, seeded, peeled, and cubed	1 medium jalapeño chile, seeded and finely chopped	1/4 cup chopped fresh cilantro	2 cloves garlic, minced	2 tablespoons fresh lime juice	8 to 12 large butterhead or Bibb lettuce leaves	1 cup chopped fresh tomato	1/2 cup chopped red onion	Lime wedges (optional)
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LOREN CORDAIN, Ph.D., is one of the top global researchers in the area of evolutionary medicine. Generally acknowledged as the world's leading expert on the Paleolithic diet, he is a professor emeritus in the Health and Exercise Science Department at Colorado State University. Dr. Cordain and his research have been featured on Dateline NBC and in the New York Times, the Wall Street Journal, and other media. He is the author of *The Paleo Diet* and *The Paleo Diet Cookbook*, among other books, and makes regular media and speaking appearances worldwide.

I am a recent Paleo convert and I chose this book because of the title. Other Paleo cookbooks looked good, but these recipes looked tasty and easy to make. I also felt that trying the cookbook by the leader in Paleo was probably a good idea. I have tried several "Fast and Easy Recipe" cookbooks, and have been disappointed that the recipes were neither fast, easy nor tasty. I can say that Cordain's Real Paleo cookbook is filled with fast, easy and tasty recipes. I am not a chef, so I am thrilled to put a healthy dinner on the table in an hour or less. In time, I am sure I will be able to prepare these meals in 30 minutes. I must admit that I prior to this purchase, I have had little success preparing daily meals for my family: I have felt accomplished if I prepared 2 of 5 weekday meals. I have used Cordain's cookbook for 3 weeks now. After the first week, I wanted to write a review, but thought I had better give it more time before shouting from the mountain tops. This is a fabulous book. I have prepared 15 different recipes from this book, and every meal has been well received from all my children and my husband. I am now able to consistently prepare 5 meals a week for my family. I cannot recommend this book enough. The only possible downside is that he does not use salt. I have been true to the recipes except twice when I added salt to the scallops and one time to a flank steak. Since my problem prior to beginning Paleo was sugar, these saltless recipes are not a problem for me; I appreciate the flavors of the recipes. My kids and husband sometimes add Spike. You will not be disappointed with this purchase.

This is my favorite paleo cookbook to date. Love the quick meals in 30 minutes or less. Easy recipes to make and follow. He does not salt anything but in most cases, it's fine without it. I do find myself adding a tad of salt to some but overall, this is filled with many tasty easy to make recipes. Have made over 30 recipes in the short time I've had it and the majority are very good.

Although the recipes are truly Paleo they are not as fast and easy as I would have liked. It seems most recipes call for addedrecipes (sauces, spice mixures, dressings) to make the dishes which can be time consuming. I would have liked recipes to be a bit simpler as I am new to this type of diet.

I have purchased and returned a few other "Paleo" cookbooks due to the complete time consuming nature of the ingredients and recipes. The time it would take to find the ingredients, then make all of the condiments, broths, etc and actually make the recipes is just not feasible for most. This is BY FAR is the best Paleo cookbook I have found for those of us living in the real world. It breaks down in categories what to eat and what not to eat, fruits by sugar content, and even has excellent tips that can be followed based on your personal needs. The fast and easy section is a hit for me, and the recipes are not too complex but yet don't seem to lack in flavor. I am so happy about this purchase. Advice- The recipes in this book are by far much easier than most, but if you come across a condiment and don't have the ingredients or time for homemade (ketchup, mayo etc) look to your grocery store. There are many Paleo friendly options to keep in your fridge!

I was diagnosed with Hashimoto's Thyroiditis about four years ago & no one wants to do anything about it. In actuality there is much that can be done. So if you fall into my category and are tired of tired, overweight and so on, give this a try. If it isn't for you so be it but you have to be honest & give it an honest good try. This is also beneficial for many other reasons so take charge of your health & go!

Very easy to read and follow. It feels hard to do Paleo at first and this is very creative approach to cooking and eating.

We tried several dishes and everything seems well thought out and organized. Food we've made is tasty, and we are trying hard to stick to a more Paleo diet. This book gives us a lot of great ideas to help keep on track.

This book is going to be returned. While some of the recipes looked like they might taste good, most of them required that one go to another recipe and make that first. Sometimes it listed two additional recipes which must be made before one could make the intended recipe. How is that fast and/or easy????? The author does give a list of convenient ingredients which can be found in the grocery store but that is the only thing worth keeping in my opinion. I would definitely not recommend this cookbook unless you really love to spend a lot of time in the kitchen.

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