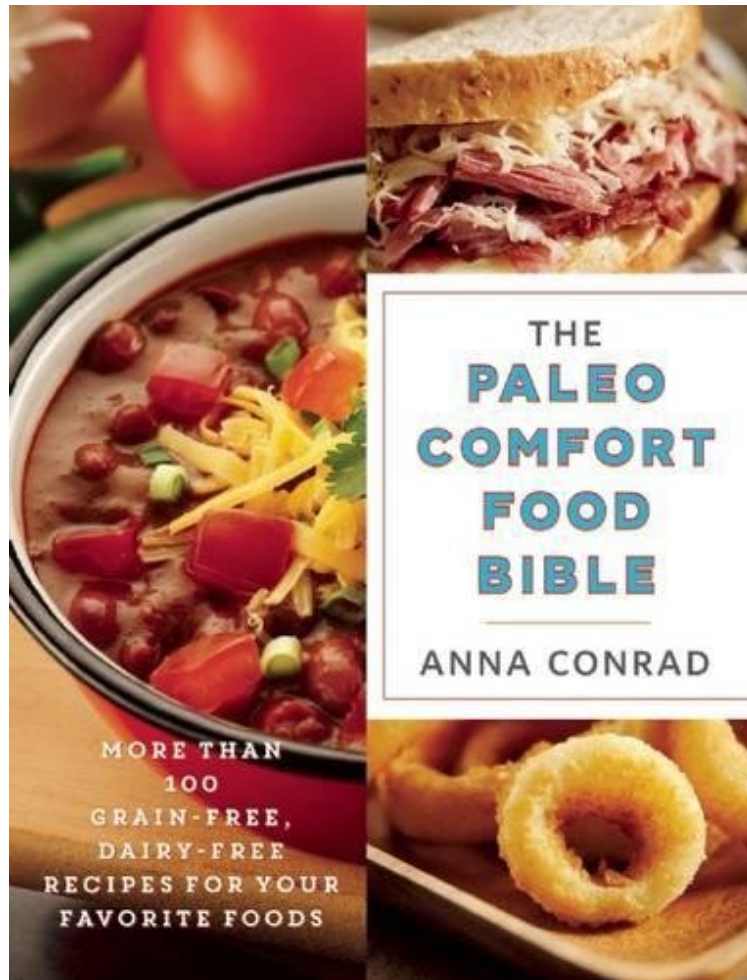


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The Paleo Comfort Food Bible: More Than 100 Grain-Free, Dairy-Free Recipes for Your Favorite Foods

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Anna Conrad : The Paleo Comfort Food Bible: More Than 100 Grain-Free, Dairy-Free Recipes for Your Favorite Foods before purchasing it in order to gage whether or not it would be worth my time, and all praised The Paleo Comfort Food Bible: More Than 100 Grain-Free, Dairy-Free Recipes for Your Favorite Foods:

1 of 2 people found the following review helpful. Just not my thing to make my own bread, ...By CustomerJust not my thing to make my own bread, bread crumbs, mayo and cheese in order to use a recipe. I suppose if I had the time and know-how it would be fabulous. Personally not for me.

If you think the increasingly popular caveman diet is good for your health but a bit depressing for your taste buds, this is the book that will change your perspective on the paleo diet forever. Now you can enjoy all your favorite comfort foods without sacrificing the terrific health benefits of a grain-free, dairy-free diet. From sweet potato casserole to crispy oven-fried onion rings, chicken and dumplings to spaghetti and meatballs, you'll find healthy versions of all the foods you crave most. When chef and caterer Anna Conrad was asked to provide paleo recipes for a fitness group's twenty-eight-day paleo challenge, she was a little skeptical. Could an athlete or even an average person really maintain a balanced body without any grains or dairy? Before agreeing to the job, she decided to follow the diet for two weeks to see how she felt. In that short amount of time, she lost eight pounds without feeling hungry or deprived, and her blood pressure, heart rate, and cholesterol all stayed within healthy limits. She gladly provided the recipes and now offers a paleo menu as a regular part of her catering business. In this book, she offers delicious comfort food recipes, including: Buffalo wings French onion soup Oven-fried green tomatoes Chicken enchiladas Shrimp scampi with pasta Spinach lasagna And more! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

About the Author Anna Conrad grew up cooking with her Hispanic mother and has enjoyed multicultural culinary influences from her French grandmother, her Italian mother-in-law, and her formal culinary training in Thailand. She founded her catering business, Chef Anna, in 2010 and Ideal Mealz, a service designed to help home cooks prepare healthy meals affordably and efficiently, in 2011. She is the author of *The Paleo Cookbook*, *The Paleo Dessert Bible*, and *The Paleo Bread Bible*. She lives in Chattanooga, Tennessee.