



Gourmet Paleo: Quick and Easy Breakfast, Lunch, Dinner and Dessert Recipes (Paperback)

By Karen Millbury

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So, you are reading this because you have adopted the Paleo lifestyle, but are probably starting to feel limited in your food choices. After all, there are only so many ways you can eat meat and vegetables - right? Wrong! You are only limited by the bounds of your imagination. You can prepare gourmet three course meals and the most decadent of desserts and still adhere to Paleo principles. The recipes that follow are just the tip of the iceberg in what you can achieve with a little hutzpah in the kitchen. I have chosen 25 mouth-wateringly delicious recipes for you to try out and I guarantee that your family and friends will love them too. I have outlined an around the clock menu for you to eat like a king from morning until night. Craving some sweet soul food after dinner? I got that covered too with Paleo style spins on classic desserts. Now I do realize that some of my gourmet dishes have the potential to break the bank. If you...

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