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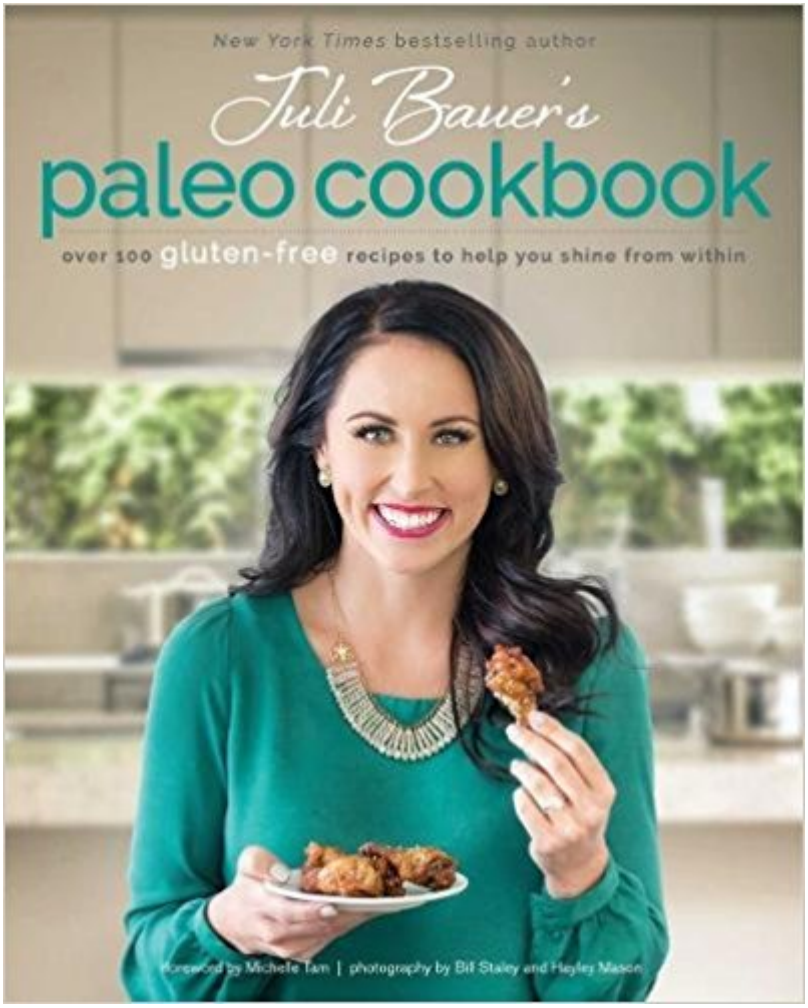
Juli Bauer's Paleo Cookbook: Over 100 Gluten-Free Recipes To Help You Shine From Within



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Synopsis

Why eat crap food when you donÃ¢â ¬â„¢t have to? Better yet, why eat healthy food that doesnÃ¢â ¬â„¢t taste good? ThereÃ¢â ¬â„¢s no need to do that ever again with Juli BauerÃ¢â ¬â„¢s Paleo Cookbook.New York Times bestselling author of The Paleo Kitchen and creator of the popular website PaleOMG, Juli is a well-known Paleo cook who creates meals that are sure to please the whole family. And this cookbook is her best one yet! Absolutely no one will complain when you serve them delicious dishes like Breakfast Tacos, Buffalo Chicken Casserole, Slow Cooker Short Rib Tostadas, Pistachio Rosemary Lamb Chops, and Layered Flourless Chocolate Cake. For most people, the Paleo or Ã¢â ¬Å“cavemanÃ¢â ¬Â• diet seems unrealistic. Ã¢â ¬Å“You expect me not to eat cake anymore?Ã¢â ¬Â• was JuliÃ¢â ¬â„¢s first reaction. (There may have been a few curse words thrown in there, too.) For Juli, that just wasnÃ¢â ¬â„¢t going to work. We all understand that cavemen didnÃ¢â ¬â„¢t eat cake back in the day, but weÃ¢â ¬â„¢re here in the future, and we can create Paleo-friendly cakes. So Juli ventured out to put a new spin on eating like a caveman. After two weeks of eating Paleo, she knew she was in it for the long haul. She has been eating Paleo for five years now, and she consistently gives her readers Paleo recipes that bring back childhood meal memories or just bring back the foods they love the most. ThereÃ¢â ¬â„¢s no need to be a true, pretentious caveman if you donÃ¢â ¬â„¢t have to be! We see you using Instagram over there, you modern caveman, you. Paleo is about so much more than just food. To Juli, Paleo is what gave her the freedom to feel healthy, energetic, and enthusiastic about life. And thatÃ¢â ¬â„¢s exactly what she is trying to bring to you in this cookbook. She hopes not only to help you revamp your kitchen and excite your taste buds, but also to help you feel confident with the new lifestyle youÃ¢â ¬â„¢ve taken on.

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Customer Reviews

Juli Bauer was once called the Chelsea Handler of Paleo. SheÃ¢â ¬â„¢s not sure if it was intended as a compliment, but that is how she is taking it. Juli is out to make you laugh on her website and in her newest cookbook. And if you donÃ¢â ¬â„¢t laugh, sheÃ¢â ¬â„¢ll teach you how. Juli is the New York Times bestselling author of The Paleo Kitchen and the creator of one of the most-visited Paleo websites, PaleOMG. She started her website to share her homemade Paleo meals, but now itÃ¢â ¬â„¢s where she shares her life stories and experiences. From fitness to fashion to body image issues, youÃ¢â ¬â„¢ll find it all on paleomg.com. When Juli isnÃ¢â ¬â„¢t in the kitchen, sheÃ¢â ¬â„¢s coaching or working out in her CrossFit gym, feeding her passion for fitness. Or youÃ¢â ¬â„¢ll find her on the couch, cuddling with her French bulldog, Jackson. They are best friends. They reside together in Denver, Colorado, continuously loving the sunshine.

My fiance was recently diagnosed with Celiac disease, so I've been struggling to find some delicious gluten free recipes that we'll both enjoy. I would HIGHLY suggest this cookbook if you are trying to follow a gluten free diet, or if you're just looking for some delicious recipes to add to your menu. I was always intimidated by the use of new ingredients, but Juli's directions are easy to follow and quickly turned me into someone who looks forward to trying new ingredients and recipes. And read the entire recipe, her intros are hilarious. I'm also a very visual person and like to see what the recipe should look like. If you're anything like me you'll be pleasantly surprised by the beautiful pictures that accompany every recipe!We're big pizza eaters in my house, and the recipe for her Perfect Pizza is to die for. It took me a few times to get the crust perfect - we like a nice thin crust - but I now feel like an expert when it comes to making dough with tapioca and coconut flour just a few months later! We made this recipe every weekend for a month straight, it's officially become a go-to recipe in our home. I would highly suggest making the homemade pizza sauce that accompanies the recipe, it's incredible.I feel like I'm finally learning my way around the kitchen, and my fiance doesn't feel like he's missing out on his favorite foods either. My fingers are crossed that Juli creates another cookbook as wonderful as her first!

Buy it. I can't recommend this book (or her first book, OMG, That's Paleo?) enough. First and foremost, I'm totally anti-clutter so a cookbook doesn't make it onto my bookshelf unless I've vetted

it through the library first (thanks Prospector!). That said, this was the ONLY cookbook I didn't vett prior to buying. In fact, Juli's paleo cooking prowess wooed me into pre-ordering via . Booyah! Zero regrets. Just sayin'.Lemme preface this review with this "warning:" If you're gonna get your undies in a bundle over an occasional expletive, then you may wanna stop right here and look for another cookbook. Like The Joy of Cooking. It's pretty straight and narrow and I can't imagine it offending anyone. But I may drop a swear word/swear word censored with asterisks and you'll also see them in Juli's cookbook.We all good? K. Moving on then.Not gonna lie. The first recipe I tried was the basil, mint, and cuke g&t (pg 267). In my defense, although I received the book on August 18, I didn't have time to even look at the book until August 29th, which fell on a Saturday, so yeahhhh, I wanted a cocktail. And it was phenom. PHENOM.My husband and I ADORED the chicken carbonara casserole (pg. 94). The greatest thing is that there's no coconut milk in it!!!!!! I'm not anti-coconut milk by any means, but SO many paleo sauces use this as the base and frankly, I get sick of it. Furthermore, the buffalo chicken casserole (pg. 80) is also outta this world. If you're questioning whether to try a paleo cookbook and/or this cookbook in particular, have you taken a gander at The Perfect Pizza (pg. 136)? Get! Outta! Town! I'll readily admit, it's no substitute for LaPorte pizza, but it's the best paleo pizza we've eaten. Dead. Serious. I could keep listing all of the recipes we've tried and loved, but to keep this review relatively brief, I won't. (Welloktwistmyarm Illgiveyouafewmore. Dairy free pesto mayo, hoisin sauce, guasacada anyone? Yep. I'm totes a condiment girl. Gimme some of anything and I'll dip the s**t outta that.)Moving on to the layout. Quite frankly, if a paleo cookbook doesn't have pictures, names, and page numbers of all of the recipes in sequential order shown either in the front or back of the book as like an index type deal, I put it down. At that point I'm done like a tom turkey (also paleo). Right then and there, you've lost me. Juli's book has this. I'm visually oriented, what can I say. (Speaking of which, HAVE YOU SEEN THE PIC OF THE LAYERED FLOURLESS CHOCOLATE CAKE ON PG. 242? Yeah. I wanna smash my entire face right into that gorgeous looking cake. No, I haven't made it, but if it's anything like any of her other desserts, it's nothing short of spectacular.) I can't speak to the dessert section because I can't even articulate the enormity of my sweet tooth. I've tried a few of her desserts in the past and they are just off limits to me hey're that tasty. Also, I LOVE that she has flaps on the book cover so that I can use them as pseudo bookmarks. I love the pics (I try not to stare and salivate for too long), she includes recommendations for other dishes that would pair well with that dish or that you might enjoy if you liked said dish, and finally, although I don't spend a lot of time reading her anecdotes, those I do read I find comical, so you might as well. I'm a straight shooter and I don't sugar coat things and my impression is that she doesn't either. Finally, I don't

particularly enjoy cooking. I don't wanna spend my entire afternoon and evening in the kitch. Juli's recipes are quick and tasty. Yet another selling point as far as I'm concerned.My only criticism, and this is completely personal preference, but I don't think the stevia in the sweet almond milk in necessary. That's the only ingredient I'd omit.Here's the deal folks. If you're on the paleo fence, I strongly encourage you to check out her blog (paleOMG). She has about a bajillion recipes there dating back to at least 2011 that you can check out for free. FREE! My husband and I have been eating paleo since October, 27 2014 (yes, I do remember the exact day) and we haven't made the same recipe twice, most of which came from Juli's blog and/or one of her two previous cookbooks. Don't be surprised if for the first two weeks of eating paleo meals you're left thinking, "Hmmm, these recipes are largely mediocre." Give your palate time to adjust to healthy eating and I SWEAR to you that you'll find these recipes are as tasty if not tastier than what you've been eating. Your taste buds are overstimulated by the processed foods you eat (ever wonder why that Cinnamon Toast Crunch cereal is so freaking spectacularly delicious?? Yep. You know what I'm talking about. Or just Google it.)Am I friends with Juli? Nope. Have I met her? Nope. Did I receive a free copy to preview? Nope. Do we live about an hour apart geographically? Yep. Point being: I'm singing accolades because Juli truly deserves them, not because I have a vested interest in Juli or whatever she does. I'm a vocal gal. If I like something, you'll know. If I dislike something you'll know. I love love love this cookbook (as well as her book OMG that's paleo? (I'll admit The Paleo Kitchen was my least favorite cookbook, but in her defense, at least from an outsider's perspective, that cookbook was a collaborative effort, not an individual one. Not sure whether that had anything to do with anything.) I just wanna grab Juli by the shoulders, give her a little shake whilst asking her, "When is your next cookbook coming out?!?!?!?!!)Alrighty then. I'm done.

I own Juli's previous book, The Paleo Kitchen, that she co-authored with George Bryant. I am a HUGE Juli fan (I've been reading her blog since back in the day when she used to cuss and was unapologetic about it.), but I didn't like the recipes in The Paleo Kitchen one bit--and I tried a bunch of them. I was hopeful that The Paleo Cookbook would be better. Well guess what? It does NOT disappoint! I got it in the mail yesterday and went out to buy the ingredients for the Maple Bacon Pork Loin, Spiced Sweet Potatoes, and the Basil, Mint, & Cucumber Gin & Tonic. We were in Paleo heaven last night! Even my 15-year-old son who said he wasn't "into" pork wolfed down about 1/2 a loin saying, "Wow, pork loin is actually good when it's cooked right!" He even swore some sort of an oath by the maple bacon sauce that he loved so much, but I was ignoring him and didn't catch all of it.For lunch today I made the tortillas and was SUPER pleased with how they turned out. We ended

up eating them with everything for the next three days--even the picky teen was eating them straight off of the pan. For lunch, I threw in some leftover pork and sweet potatoes from the night before, topped it with a little white cheddar, chopped spinach, and Sir Kensington's Chipotle Mayo--oh WOW! As I write this, I am drinking the Chunky Monkey breakfast shake (delish!) post workout and planning to make the Prosciutto Herb Frittata with hash brown patties for BFD (breakfast for dinner) tonight. I made the dirty chai chocolate muffins...which my 15-year-old scarfed down. Usually he won't touch my "healthy" foods, but you should have seen his eyes light up when he saw that I had packed him a muffin for his "to-go" breakfast.I love that Juli's recipes are fairly simple and very easy to follow; you will too! Go on, buy this cookbook, you won't be disappointed. It's as cute and fun as she is!Update 8/30/15: Okay really, I just keep cooking and cooking these recipes, they are so crazy good--my family is tired of hearing about Juli Bauer and PaleOMG, but they are super happy that I keep cooking from this book. We have a bunch of short ribs that I couldn't figure out how to cook, so I made the Slow Cooker Short Rib Tostadas, and we would have been willing to eat the meat by itself! The recipes in this book are simple but amazing.

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