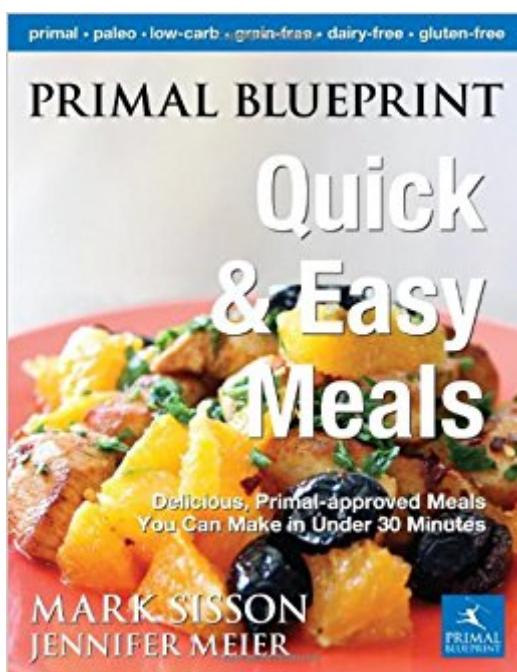


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# Primal Blueprint Quick And Easy Meals: Delicious, Primal-approved Meals You Can Make In Under 30 Minutes (Primal Blueprint Series)



## Synopsis

Low carb styles of eating--whether touted as Primal, paleo, Atkins or the evolutionary diet--have proven to be the most effective for health and weight management. Unfortunately, many adherents find that regularly preparing healthy, natural meals the traditional ways can often take more time than they would like to spend. Following the immensely successful Primal Blueprint and Primal Blueprint Cookbook, Primal Blueprint Quick and Easy Meals offers healthy, low-carb Primal-approved recipes that can all be completed in under half an hour and, in many cases, in just a few minutes. Sisson and Meier show you how to delight your family or guests every time with quick, delicious meals using local produce, CSA meats, healthy fats (yes, and real butter) and common herbs and spices. Now there are no more excuses for you to get into the Primal lifestyle, start losing weight, staying healthy and having more energy while enjoying nature's most satisfying foods.

## Book Information

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## Customer Reviews

Jennifer Meier is a graduate of the prestigious California Culinary Academy in San Francisco. Her culinary career spans a decade and includes stints in restaurants, gourmet shops, and wine stores in New York, Seattle, San Francisco and Los Angeles. She also holds a degree in Communications from the University of Washington in Seattle. Eventually, the writing and cooking merged into a food-writing career. Mark is the one of the leading figures in the primal/paleo/ancestral health world, with his MarksDailyApple.com the most visited site in this category. Mark has followed the

revolutionary bestseller, The Primal Blueprint, with six other books on primal living and eating. He is a former world-class endurance athlete (2:18 marathon, 4th place Hawaii Ironman), BA degree in biology (Williams College). Besides blogging daily and writing books, Mark hosts PrimalCon lifestyle retreats in North America

My wife and I run a paleo home kitchen. This book is a fantastic addition to our growing list of paleo/primal recipes. What specifically makes this book such a big win is the layout and generous use of quality pictures. Every recipe is accompanied by an ingredient list, a nutrient list, clearly written (not overly verbose) instructions, and perhaps what my wife and I appreciate the most, a picture of the ingredients and a picture of the finished product. This book was not just thrown together in haste. The photography is high-quality, the recipes extremely tasteful and the section broad. I highly recommend this book for anybody who appreciates high-quality, healthy meals.

Our family is a fan of all the Primal Blueprint books and websites... so it's no surprise that we loved this one also. In addition to tasty recipes, we like the pictures that accompany each entry. This will be a staple in our kitchen for years to come. So many things to try!

I am a real "foodie" and cook book collector. My cardiologist recently suggested the Primal Blueprint. I love this cook book and would recommend it even for those not following the Primal Blueprint. The lay out of the book is excellent, easy to follow, and well illustrated. Most of all the recipes are delicious. A real keeper!! Stanley

Quick and very nice

We were transitioning to Primal and getting sick of trying to find solid recipes online every night, so we got this cookbook to help. Everything we've made in here has been delicious with easy to find ingredients. Takes a lot of stress out of a big lifestyle change.

I have been off and on primal for about a year, but solid for the last 6 months. I love the life style, and I love the food! I purchased Sisson's first cookbook and it was pretty good, but it only slightly supplemented the recipes I was having to find online by myself. I have been able to pull many recipes from this cookbook, and they're fantastic. I'd say I've tried about 75% of them and have been very happy with the variety of flavors and ideas this has instilled. I highly recommend this cook

book to anyone who wants to improve their over all well being! This life style has changed me. My joints aren't achy anymore, I have way more energy, I'm not as much of a slave to food, I'm happier, and I sleep better. We really are what we eat, and putting "poison" into your body day in and day out will eventually catch up to us all. Mark, thank you for another excellent resource!

Mark Sisson is one of the smartest guys I know of in the Primal sphere. Even though I don't always agree with him (cooking with olive oil??) he offers a huge amount of scientific and elegantly stated knowledge that is invaluable.

Great book on primal living - been primal for a few months and love it. My only knock is the lack of recipes.....mostly about the actual diet. Better keto cookbooks out there.

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