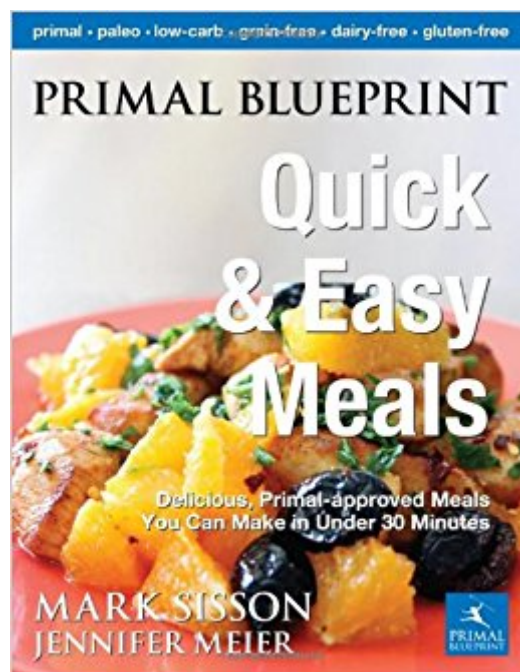




The book was found

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

Series: Primal Blueprint Series

Hardcover: 250 pages

Publisher: Primal Nutrition, Inc.; 1 edition (March 25, 2011)

Language: English

ISBN-10: 0982207743

ISBN-13: 978-0982207741

Product Dimensions: 7.3 x 0.9 x 9.2 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 461 customer reviews

Best Sellers Rank: #32,037 in Books (See Top 100 in Books) #16 in Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #38 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #60 in Books > Cookbooks, Food & Wine > Special Diet > Allergies

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.

[Download to continue reading...](#)

Primal Blueprint Quick and Easy Meals: Delicious, Primal-approved meals you can make in under 30 minutes (Primal Blueprint Series) The Primal Blueprint Cookbook: Primal, Low Carb, Paleo, Grain-Free, Dairy-Free and Gluten-Free (Primal Blueprint Series) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) The Primal Blueprint: Reprogram your genes for effortless weight loss, vibrant health, and boundless energy (Primal Blueprint Series) Jams and Jellies: Preserving By The Pint In Minutes: Delicious Fresh Preserves You Can Make In Under 30 Minutes With A Jam and Jelly Maker 17 Quick and Easy High-Protein Meals: That You Can Make in 12 Minutes or Less Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicious Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) Casseroles: 365 Days of Casserole Recipes for Quick and Easy Meals (Casserole Cookbook, Party Recipes, Family Meals, One Dish Recipes, Dump Dinner, Make Ahead Meals) Mason Jar Salads: Quick and Easy Recipes for Salads on the Go, in a Jar (mason jar meals, mason jar recipes, meals in a jar, mason jar salads, mason jar lunch, salad to go, quick and easy recipes) The McDougall Quick and Easy Cookbook: Over 300 Delicious Low-Fat Recipes You Can Prepare in Fifteen Minutes or Less Freezer Meals: 365 Days of Quick & Easy, Make-Ahead Meals For Busy Families (Freezer Recipes, Freezer Cooking, Dump Dinners, Make Ahead, Slow Cooker) Buyer-Approved Selling: Sales Secrets from the Buyer's Side of the Desk (The Approved Series) Mug Recipe Book: Your Guide to Quick and Easy Mug Recipes: Mug Recipes for Beginners (Mug Recipes, Mug Recipe Cookbook, Quick and Easy Meals, Delicious Recipes) Crock Pot: Delicious Crock Pot Dump Meals, Freezer

Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer Meals, Chicken and Soup Recipes) Top 100 Meals in Minutes: Quick and Easy Meals for Babies and Toddlers 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home â “ Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook) Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick and easy Recipes for Healthy Living American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes American Heart Association Quick & Easy Cookbook: More Than 200 Healthful Recipes You Can Make in Minutes Cheap And Delicious: 40 Cheap And Delicious Easy Family Meals That Will Save You Time And Money In The Kitchen And Make Your Mouth Water With Delight! ... Cooking With Beans, Cooking With Potatoes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)