



# Primal Cuisine: Cooking for the Paleo Diet

*Pauli Halstead*

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# Primal Cuisine: Cooking for the Paleo Diet

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## **Primal Cuisine: Cooking for the Paleo Diet** Pauli Halstead

Nourishing and innovative paleo recipes to delight your family, impress your guests, and inspire your culinary talents while improving your health

- Includes more than 150 primal recipes, with more than 20 options for every meal of the day, including snacks and dessert
- Offers step-by-step advice to eliminate unhealthy carbohydrates and optimize daily protein and healthful fat intake
- Each recipe is free of grains, gluten, sugar, chemicals, antibiotics, and hormones
- Companion cookbook to *Primal Body*, *Primal Mind* (29,000 sold since June 2011)

Improve your health, boost your energy levels, increase your brain power, live longer, and even save money on your grocery bills with 150 budget-conscious paleo diet recipes from gourmet chef Pauli Halstead. These easy-to-follow recipes provide more than 20 choices for every meal of the day--even desserts and snacks--and all are free of grains, gluten, sugar, chemicals, antibiotics, and hormones.

More than just a cookbook, *Primal Cuisine* also explains the dietary theory behind the primal lifestyle. Chef Pauli's step-by-step advice to eliminate unhealthy carbohydrates and optimize protein and healthful fat intake demonstrates how the foods of our ancestors--such as wild-caught fish, grass-fed meats, and organic vegetables, nuts, seeds, and berries--are still the best choice when it comes to improving your physical and mental health.

From Mardi Gras Crab Cakes with Creole Remoulade to Beef Carpaccio Salad, from comfort foods like Sunday Roast Chicken with Herb Butter to completely sugar-free desserts like Lemon Cheesecake with Berries, this companion to the bestselling *Primal Body*, *Primal Mind* opens the door to a sustainable primal lifestyle of health, energy, mental focus, and long life using innovative recipes to delight your family, impress your guests, and inspire your culinary talents.

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