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Paleo Chicken Recipes: Delicious Gluten Free, Low Fat Paleo Chicken Recipes. (Simple Paleo Recipe Series)



Synopsis

Paleo Chicken Recipes: Delicious Gluten Free, Low Fat Paleo Chicken Recipes. Who doesn't love a good plate of hot and savory chicken? Whether fried, baked, broiled or slow-cooked, a steaming plate of chicken is enough to remind you of the delicious, home-cooked recipes you used to enjoy back home. And now you can easily recreate the tasty recipes you know and love with this recipe book, but with a healthy, paleo twist. Hailed as one of the best diets to follow, the paleo diet mimics the way our stone age ancestors used to eat. This means significantly cutting down on processed foods and opting instead for whole foods, grass-fed meats, wild-caught seafood, fresh fruits and vegetables. Created following the paleo method, this collection of chicken recipes focus on flavor as much as it does on nutrition. Inside, you will discover that eating healthy doesn't mean you have to limit your gastronomic options. This paleo chicken recipe book contains: -Various cooking methods that highlight the diversity of chicken. -Entrées, snack and salad ideas using chicken. -A basic backgrounder on the paleo diet and its benefits.

Book Information

File Size: 1026 KB

Print Length: 45 pages

Simultaneous Device Usage: Unlimited

Publisher: Ready Recipe Books (November 14, 2013)

Publication Date: November 14, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00GM4WXJY

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

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Customer Reviews

If you are a chicken lover like me then there are great chances that you are going to love this book. The book is full of great tasting recipes that are absolutely mouthwatering. The best part is that these recipes are based on the principles of paleolithic diet and that is what makes the deal all the more sweeter. You get to satisfy your taste buds and at the same time have the satisfaction of eating something healthy and nutritious.

I am always looking for new recipes and have been on a kick to eat healthier and reduce my gluten intake. I liked many of the recipes in this cookbook. They were easy to follow, simple and fast to prepare and tasty as well. The Baked Chicken with Sun-dried Tomatoes is going to be a family favorite. The explanation at the front of the book, as to what a Paleo diet is, and how it is one of the healthiest ways to eat was a real eye-opener. I'd recommend this to any level of cook, from beginner to expert.

I love this! I can actually use the recipes in here! I am quite limited in my diet now due to multiple health issues. This book will enable me to add some healthy variety to my diet! Cannot wait to try so many of them! Now, off to go continue my quest to try all of the recipes in the book! The only thing I would ask the author is to add detailed nutrition to each recipe. That would be most helpful!

What a great book! It focuses not only on enhancing the taste of chicken but makes it healthy too. I'm a firm believer in good healthy food leads to a healthy body. This amazing recipe book does just that--great taste and great health. I will be sure to check out the other books by this author.

Nice cookbook on paleo chicken recipes. All of these recipes are very easy to understand and to cook. This is the perfect book for anyone interested in cooking for a paleo diet or anyone just looking to get fit!

What a great book for those on or off the Paleo diet! Love the sweet and spicy of the chipotle chicken with Mango Mayo and the almonds add great texture! The recipes are clear and easy to follow. I would recommend this to any who have chicken on their diet!

Awesome cooking book with awesome recipes for awesome times. Thanks again for this awesome book. How about awesome Mexican recipes?

I like the variety of recipes it offers and how yummy they are. You would think it tastes bland but all the recipes come some good seasoning in them.

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