

# The Paleo Kitchen: Finding Primal Joy in Modern Cooking

By Juli Bauer, George Bryant

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**The Paleo Kitchen: Finding Primal Joy in Modern Cooking** By Juli Bauer, George Bryant

George Bryant and Juli Bauer, two of the most insightful and well-respected Paleo powerhouses have united to bring a myriad of bold and delectable gluten & grain-free Paleo recipes straight from their kitchens to yours in their new cookbook **The Paleo Kitchen**.

Together, George and Juli have masterfully created daring flavor combinations that will bring your Paleo experience to a whole new level. This beautiful cookbook offers full-color photos along with tips, tricks and anecdotes straight from the clever minds of these culinary mavericks.

**The Paleo Kitchen** boasts over 100 brand new recipes consisting of appetizers, entrées, side dishes, and decadent desserts that are sure to invigorate and please the fearless caveman palate.

Recipes include:

- Sage and Shallot Delicata Squash Soup
- Citrus Mint Sugar Salad
- Blackberry Lavender Muffins
- Banana Chip French Toast
- Creamy Seafood Risotto
- Pepper Crusted Prime Rib
- Asian Marinated Bacon-wrapped Asparagus
- Spinach and Artichoke Stuffed Portabella Mushrooms
- Blueberry Cheesecake
- Lime Pound Cake with Coconut Lime Frosting

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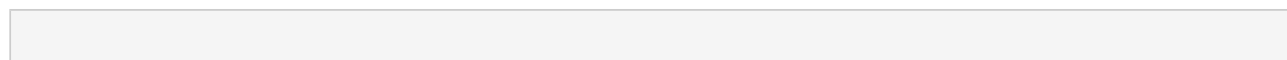
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## **Bibliography**

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### Editorial Review

#### Review

*The Paleo Kitchen* is energetic and full of tantalizing recipes. Juli and George bring the fun back into the kitchen and ensure you will enjoy the process just as much as consuming the meal! This book is packed with wonderful information for beginning a Paleo lifestyle arranged in an entertaining format, and every recipe seems to jump off the page with exciting flavors and colors. (-DANIELLE WALKER, New York Times bestselling author of *Against All Grain*)

The recipes that Juli and George have created in this book are stunningly inventive, combine bold flavors, and are just plain fun to eat. If taking great pleasure in your food is your goal, *The Paleo Kitchen* delivers! (-DIANE SANFILIPPO, New York Times bestselling author of *Practical Paleo* and *The 21-Day Sugar Detox*)

*The Paleo Kitchen* is a duet for the ages. Juli Bauer and George Bryant have joined forces to craft a gorgeous new recipe book that'll delight and inspire you to shop, cook, and eat smarter. With Juli's signature wit, George's fabulous photography, and the duo's tried and true dishes, this cookbook will soon have you dancing in your own Paleo kitchen. (-MICHELLE TAM, New York Times bestselling author of *Nom Nom Paleo: Food For Humans*)

The dynamic duo of Juli Bauer and George Bryant have partnered to create *The Paleo Kitchen*, an amazing cookbook full of ingeniously healthy yet delicious recipes that will keep you entertained in the kitchen! (-ELANA AMSTERDAM, New York Times bestselling author of *Paleo Cooking from Elana's Pantry*)

#### About the Author

George Bryant is the creative genius behind the wildly popular Paleo food blog *Civilized Caveman Cooking Creations*. After spending the first 20-something years of his life in a constant battle with his weight, and then nearly losing both his legs while deployed as a U.S. Marine, George took matters into his own hands and began his Paleo journey. What started as a simple place to post recipes for friends has since become an award-winning food blog. After serving in the Marines for 12 years, George now enjoys working full-time creating delicious Paleo recipes, hoping to change many lives for the better by making simple and tasty real food dishes.

Juli Bauer is a self-described foodie who creates Paleo versions of grain-filled favorites on her extremely successful blog, *PaleOMG*. She started the blog to help friends make the transition to Paleo a little more easily, only to see it grow from a few readers to more than 100,000 and counting in just eight months. The popularity of *PaleOMG* can be attributed to Juli's refreshing honesty about her own trials and tribulations and to her mouthwatering recipes -- and to her heartwarming personality. But what Juli loves most is having the opportunity to be a part of people's lives through food. And Paleo food is what keeps us living longer and healthier, all together.

### Users Review

#### From reader reviews:

**Jose Scott:**

The book *The Paleo Kitchen: Finding Primal Joy in Modern Cooking* give you a sense of feeling enjoy for your spare time. You should use to make your capable far more increase. Book can to become your best friend when you getting anxiety or having big problem with your subject. If you can make studying a book *The Paleo Kitchen: Finding Primal Joy in Modern Cooking* to become your habit, you can get more advantages, like add your own capable, increase your knowledge about some or all subjects. You may know everything if you like wide open and read a guide *The Paleo Kitchen: Finding Primal Joy in Modern Cooking*. Kinds of book are several. It means that, science guide or encyclopedia or other people. So , how do you think about this book?

**Bruce Alexander:**

A lot of people always spent their own free time to vacation or go to the outside with them family members or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read any book. It is really fun for yourself. If you enjoy the book that you simply read you can spent the whole day to reading a e-book. The book *The Paleo Kitchen: Finding Primal Joy in Modern Cooking* it is rather good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. When you did not have enough space to develop this book you can buy the particular e-book. You can m0ore very easily to read this book from a smart phone. The price is not too costly but this book offers high quality.

**Matthew Hansen:**

The book untitled *The Paleo Kitchen: Finding Primal Joy in Modern Cooking* contain a lot of information on the idea. The writer explains the woman idea with easy technique. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read this. The book was compiled by famous author. The author provides you in the new period of literary works. You can actually read this book because you can continue reading your smart phone, or product, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can available their official web-site in addition to order it. Have a nice read.

**Kathe Waller:**

Many people said that they feel uninterested when they reading a guide. They are directly felt this when they get a half regions of the book. You can choose the book *The Paleo Kitchen: Finding Primal Joy in Modern Cooking* to make your own reading is interesting. Your skill of reading skill is developing when you including reading. Try to choose basic book to make you enjoy you just read it and mingle the opinion about book and reading through especially. It is to be initial opinion for you to like to open a book and examine it. Beside that the book *The Paleo Kitchen: Finding Primal Joy in Modern Cooking* can to be your new friend when you're feel alone and confuse using what must you're doing of their time.

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