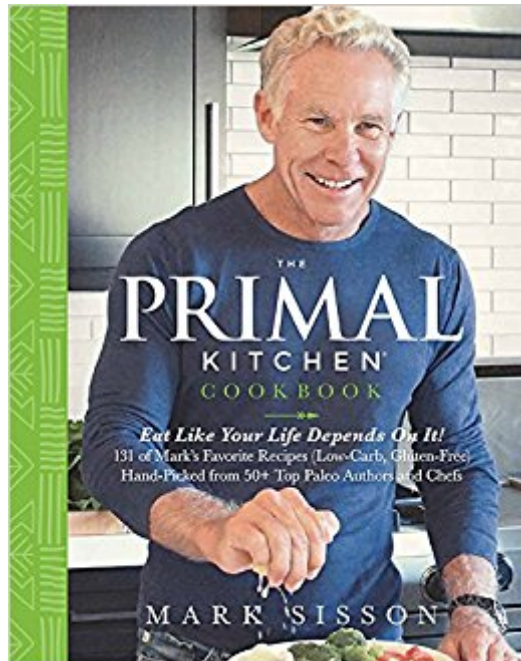




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The Primal Kitchen Cookbook: Eat Like Your Life Depends On It!



Synopsis

Mark Sisson, bestselling author, award-winning blogger, and founder of PRIMAL KITCHEN, teams up with over 50 leading icons in the primal community to amass 130 mouth-watering recipes in this ultimate paleo recipe collection. Learn how to whip up Primal Kitchen's uncompromisingly delicious, high quality, nutrient dense sauces and dressings at home to pack healthy fats, phytonutrients, and superfoods into every meal. With recipe contributions from Melissa Hartwig, Robb Wolf, Chris Kresser, Sarah Fragoso, Pete Evans, Tony Horton, Laird Hamilton, Cassy Joy Garcia, George Bryant, and so many more, The PRIMAL KITCHEN Cookbook makes cooking with your favorite paleo personalities right in your own primal kitchen a reality! The PRIMAL KITCHEN Cookbook includes: The 5 signature PRIMAL KITCHEN recipes - Classic Mayo, Chipotle Lime Mayo, Greek Vinaigrette, Honey Mustard Vinaigrette, and Wild Ranch dressing Nutrient-dense lunches and salads to prep ahead or whip up in minutes, like Spicy Tuna Poke Bowls and 10-Minute Pad Thai Zoodles Inspired starters and small bites to please a crowd (or just yourself), including Chipotle Lime Cauliflower Hummus and Baked Bison Meatballs Savory sides, from Creamy Chipotle Butternut Squash Soup to Dill Pickle and Bacon Potato Salad Main dishes that will certainly become staples in your kitchen, like Hazelnut Crusted Halibut and Honey Mustard Vinaigrette Short Ribs Guilt-free treats such as Coconut Cashew Bonbons and Avocado Oil Ice Cream Cooking's never been so primally perfect. Eat like your life depends on it and make every bite a taste sensation with The PRIMAL KITCHEN Cookbook. (Mark Sisson)

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Customer Reviews

Health and fitness expert Mark Sisson is the bestselling author of The Primal Blueprint and one of the leading voices of the burgeoning Evolutionary Health Movement. His blog, MarksDailyApple.com, has paved the way for Primal enthusiasts to challenge conventional wisdom's diet and exercise principles and take personal responsibility for their health and well-being. With over 2 million unique monthly visitors, the blog is one of the top-ranked health resource websites on the Internet. Besides the Primal Blueprint, Mark has authored The Primal Blueprint 21-day Total Body Transformation, The Primal Connection (which won the Eric Hoffer Award in 2013 for best self-published book, and the Ben Franklin Award silver medal in the mind/body/spirit category); and numerous other books on cooking, athletic training, and health.

A bit disappointing. Many of the recipes require branded "Primal" products in order to make them that can not be substituted. (I'm not talking about the mayonaise or the oils which are easy to swap) This includes Primal bars in some of the desserts and protein fuels in drinks and dishes. His other books were much better, requiring only whole foods and ingredients.

Great Recipes and pictures, cause I gotta have pictures. I love the inspirational ideas for Keto cooking and I love Primal Kitchen foods !

Great cookbook with many options for different dietary needs. Plan to buy a second one as a gift.

This has easily become my favorite cookbook in the couple weeks I've had it. In fact, it already looks quite used in that short amount of time with all the dog-eared pages and a few minor spills (oops). Long story short - this cookbook is one that gets used (and I can't say that about most of what I own). To be candid, I've generally used more traditional style cookbooks for my choice to live paleo/Primal (adapting the recipes), but I think that's changed with this one. I'll say, too, that I'm someone who basically demands a photo for each recipe (I need the inspiration!!), and this book delivers beautifully there with full page, gorgeous photography for each and every dish - wow! The recipe layout is clear and clean (unlike my cooking), and I like the labeling. It's was to see which recipes are keto, vegan, Whole30, etc. I like the variety, and I think having multiple (books says 50+) contributors really makes a difference. Lots of comfort foods, but also lots of innovative recipes I would never have thought of but am motivated to try. Nearly all the recipes are nice and simple (no all-day kitchen marathons to make one meal), and that works for me. A few of my absolute favorites so far (hmmm...would've been good to take photos, but I'll have

to add them another time): Paleo May Waffles, Coconut-Crusted Shrimp Fresh Garden Salad, Caveman Coleslaw, Butter Lettuce Shrimp Tacos, Lamb Burgers, Steak with Romesco Sauce, Mexican Chocolate Mousse, and Dark Chocolate Almond Cookie Muffins. I know there are a ton of cookbooks out there (I'm a self-proclaimed cookbook junkie—especially when they have great photos), but this one is already in the center of my cabinet—because it's one I'm reaching for the most these days. Hope others will enjoy as much as I have! :-)

I've had this book for about a week now, and I love it! The photography is gorgeous, the recipes simple, the ingredients are all nourishing, real, whole foods, and everything I've made so far has been totally delicious! Each recipe has a little key at the top, so that you know immediately if the meal is dairy free, vegan, whole-30 approved, no sugar added, keto, etc. This is super helpful, as many of my friends and family members follow different diets and have various nutrition needs. It really is a beautiful book, and has more than earned its place in my kitchen! Thank you Mark for another amazing addition to the world of health and wellness!

I have to admit I am one of those people who has a pile of beautiful cookbooks sitting in my kitchen unopened. But for whatever reason, I have had this book open more than a few times. Being on a Gluten-Free diet for years due to celiac disease has been a challenge and I am always looking for easy ways to make my food tasty but quickly at the same time! Recently, I started eating a diet that is more primal/paleo (feel so good on it!) and this book has been a great guide in showing me more options + ideas not only from Mark but other paleo/primal enthusiasts. Who knew Paleo Mayo Waffles would be so delicious?! THANK YOU for bringing this to life!

Recipes look great. Don't rely on the macro counts. I haven't done the math, but I can guarantee that a salad containing 3 cups of sweet potatoes, a quarter of a red onion, and a small bell pepper for six servings contains more than 1 g of carbs per serving. I've seen several others that are clearly wrong also. The recipes appear to be submitted by various Paleo food bloggers and I can assume that they submitted their own macro counts too. I'm just disappointed that it wasn't better edited for accuracy of macro counts. I prefer to not have any than to have them be unreliable.

So, since the title is "The Primal Kitchen Cookbook," I should have expected that most of the recipes will use ingredients from Primal Kitchen. That isn't such a big deal for the items where the recipe is included in the cookbook (mayo and dressings). And, I guess I should expect that

smoothies would include protein powder even though I generally don't add that to my smoothies. In most cases the protein powder can be eliminated (or use cacao powder in place of the chocolate flavor) and you don't have to use Primal Kitchen brand. But, I found the use of Primal Kitchen protein bars in many of the dessert recipes to be annoying. There is a note that you can substitute your own favorite protein bar but I believe that would affect the recipe. For example, RX bars have 12g of protein but more sugar and are much more "gooey" than the Primal Kitchen bars. Also, when making a dessert I try to avoid pre-made ingredients. And finally, you had better like mayonnaise because a large number of the recipes include mayo in the ingredients list. All that said, this is a beautiful cookbook with picture of each recipe and there are many unique recipes. Were it not for what I feel is the over reliance on Primal Kitchen products I would have given it 4 stars.

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