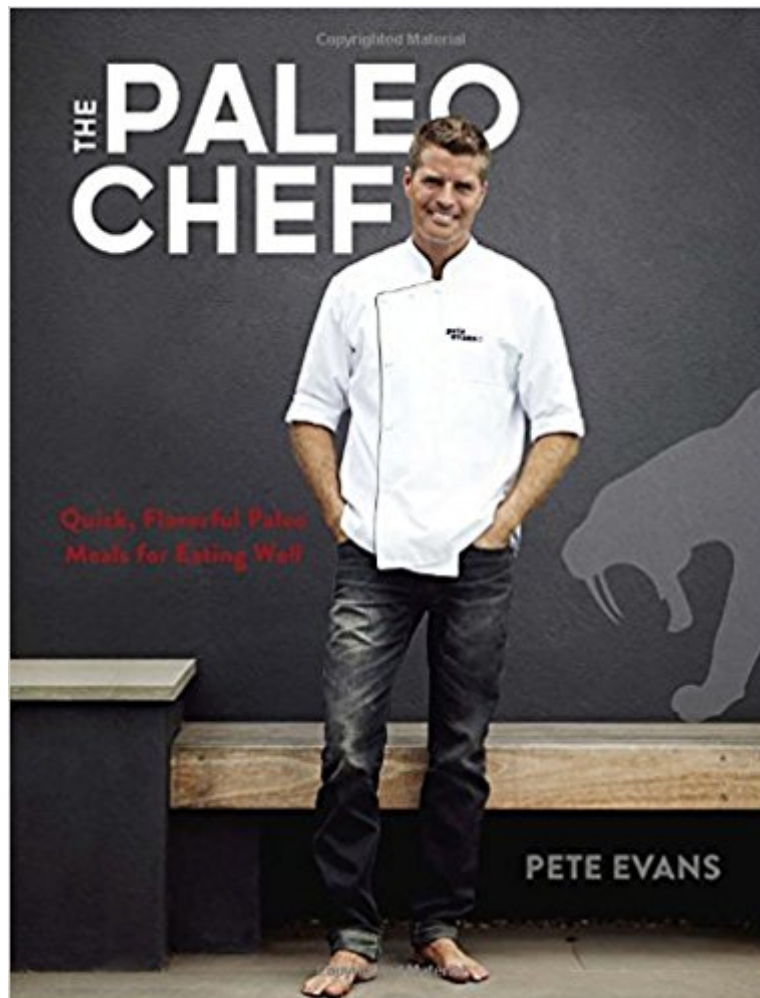




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# The Paleo Chef: Quick, Flavorful Paleo Meals For Eating Well



## Synopsis

Acclaimed international chef and television personality Pete Evans takes a whole new approach to making gluten-free, grain-free, and dairy-free, completely Paleo recipes that are worthy of a restaurant but effortless to prepare. More and more people are discovering the health benefits of the Paleo lifestyle by cutting out processed, sugary foods and instead eating quality proteins and fats, fresh vegetables and fruits, and nuts and seeds. However, following this way of eating doesn't mean sacrificing flavor or spending a long time in the kitchen. In *The Paleo Chef*, Evans provides more than 100 recipes for gorgeous food that is satisfying, distinctive, and good for you, including Kale Hummus, Vietnamese Chicken Wings, and Key Lime Tart. Each and every one of Evans's innovative recipes pops with flavor and is brought to life with stunning, full-color photography. Living and eating the Paleo lifestyle has never been so effortless and so delicious.

## Book Information

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## Customer Reviews

Featured Recipes from *The Paleo Chef* Download the recipe for Root Vegetable Slaw with Chervil Mayonnaise Download the recipe for Japanese Crispy Chicken with Miso Mayonnaise

"Pete Evans emphasizes the deep significance of what we put into our bodies in his new cookbook, *The Paleo Chef*. His recipes educate us about a way of eating in accordance with our physical, emotional, and spiritual needs. This beautiful book takes the mystery out of the confusing

topic of what to eat to be free of wheat, gluten, grain, refined sugar, and dairy. It empowers the reader to create truly divine, nourishing, and wholesome meals with grace and ease.

—Joshua Rosenthal, founder and director of the Institute for Integrative Nutrition

“The Paleo Chef is one of the first Paleo cookbooks written by a chef, and it shows. The unique, mouthwatering recipes and gorgeous food photography won’t just motivate you to eat Paleo, it will inspire you to be a better cook. If you’re tired of the typical Paleo cookbook fare and ready to step up your game in the kitchen, this is the book for you!”

—Chris Kresser, author of the New York Times bestseller *Your Personal Paleo Code*

“Pete does an amazing job of making nutritious taste delicious with inventive recipes that satisfy our natural cravings for good nutrition.”

—Leslie Embersits, founding director of the Mindd Foundation

“If you’re looking to consciously create food made with love and respect, and simultaneously create health while dazzling your taste buds, this vibrant book is for you. Pete’s latest Paleo-inspired cookbook is brimming with delicious, nutritious, and sustainable recipes that will nourish your physical, mental, and emotional well-being. This is the perfect guide for your culinary journey.”

—Dr. Frank Lipman, founder and director of Eleven-Eleven Wellness Center

“In *The Paleo Chef*, Pete Evans brings gourmet flair and Aussie verve to the world of Paleo cooking. You’ll love browsing this book for the gorgeous photos and creative food combinations. Best of all, the food tastes great!”

—Dr. Paul Jaminet, PhD, author of *Perfect Health Diet* and editor-in-chief of *Journal of Evolution and Health*

“Pete Evans brings to the table an incredible array of delectable recipes that will satisfy anyone who recognizes the importance of maintaining a Paleo diet. Beyond delicious, *The Paleo Chef* adheres to the tenants of what our most cutting-edge researchers are revealing to be the most healthful approach to human nutrition.”

—Dr. David Perlmutter, MD, FACN, author of #1 New York Times bestseller *Grain Brain*

“I’ve seen plenty of cookbooks that adhere to a low-carb, Paleo, grain-free lifestyle. But Chef Pete Evans’ new cookbook is a game-changer, raising the standard to a higher, more elegant level. Beautifully photographed and rich with his signature style, this cookbook takes the lifestyle of the health conscious from just eating to that of epicure.”

—William Davis, MD, author of #1 New York Times bestsellers *Wheat Belly* and *The Wheat Belly Cookbook*

“Ever wonder what kind of Paleo dishes an internationally acclaimed chef might prepare? Wonder no more. *The Paleo Chef* brilliantly combines Pete’s passion for real food with his sophisticated, flavor-first approach to cooking. Best of all, the ravishing meals in these pages were designed for home cooks, making them a cinch to prepare in your own kitchen. This

book is brimming with delicious inspiration, and deserves a permanent place on your counter. —Michelle Tam, author of the New York Times bestseller *Nom Nom Paleo* “Although the Paleo movement is busting at the seams with cookbooks, *The Paleo Chef* is singularly gorgeous and unique. Even avowed low-carb enthusiasts (such as myself) will find a plethora of mouthwatering options to enjoy here. Now if I can only convince Pete to become my personal chef . . . —Nora Gedgaudas, CNS, CNT, author of *Primal Body, Primal Mind*

Right off the bat, the author reassures the reader that the Paleo system he advocates is not really some type of extreme diet: “There is no need to be put off by the terms Paleolithic, primal, caveman, or Stone Age. Although many of the principles of this way of eating and living come from our hunter gatherer ancestors, the approach I have taken are backed up by respected contemporary scientific research, common sense, and what has worked for me.” I thought this clarification was helpful, because I confess that I am a novice in this type of food selection, nutrition, and preparation. So, I am a newbie, and I appreciate the author teaching me the basics. The author explains that this system “is a way of life, not a gimmick or a diet.” This, I confess was a new idea for me. I always thought that Paleo meant a diet. Okay, I understand now that it’s a lot more than that. Pete explains that “There’s much more to Paleo than a list of food you can or cannot eat. It’s also about where that food comes from, how it’s prepared, and when and how you eat it. Paleo covers how you drink, move, sleep, breathe, work, and relax. In other words, it’s about every aspect of life.” Pete’s philosophy on what ingredients to include is based on eating whole, unprocessed foods: “I advocate nose to tail eating and choose 100% organic, humanely raised, pasture fed and finished meats and organs, which are sustainable as a food supply and healthiest for the body and the planet.” For beginners like me, the author suggests changing slowly to the Paleo system “so that your body and mind can adapt. I would look at it eliminating refined sugars from your diet for a month to start, then move on to wheat and other grains, and then to dairy if you choose.” Sounds like sensible advice to me. *THE PALEO CHEF* includes a large section dedicated to discussing, in detail, the particular ingredients that he uses. For example, Pete explains exactly what type of eggs are used, and even explains the type of maple syrup that he recommends. Of course, there are a huge number of recipes for meals as well as snacks. Towards the end of the book, the author includes a large section called “Basics.” For example, in this section he gives you the basics behind preparing vegetable stock, and other commonly used food ingredients. All in all, I really enjoyed *THE PALEO CHEF*. For someone not acquainted with this system, I found the book to be

very educational, and helpful. Also, I believe the author really knows what he's talking about.  
Recommend!

A friend who lives in Australia and who produces amazing meals recommended this. I absolutely love it. First meal I made was the chocolate mousse with avocado, I couldn't believe it would taste good - its fantastic! Since cooking this way the weight has been dropping off, I feel more focused and energetic. I don't eat entirely paleo, but this has seen me increase paleo meals to around 70% of my diet. Never felt better.

I have tried a lot of the recipes and they all came up as expected. Delicious and simple to accomplish. Very well detailed and a variety of ideas, inexpensive and nutritious. A must for whomever chooses to eat/live healthy

I ordered both books and love them. This one has more flavor profiles in the recipes. Moroccan, Mediterranean, Asian and some Latin, my favorite! This book also tells you a bit about each dish, origin and personal notes from the chef! pretty cool!

His recipes are more diverse and flexible than some of the stricter Paleo stuff out there.

Has some good recipes, but not really excited about it.

Grest recipes. Some interesting combinations but you need quite a few ingredients and the time to spend doing them!

The recipes seem to be complicated. Maybe these are more for a chef then an average cook.

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