



Well Fed: Paleo Recipes for People Who Love to Eat

Melissa Joulwan

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Preparing quality food is among the most caring things we can do for ourselves and the people we love. That's why *Well Fed: Paleo Recipes For People Who Love To Eat* is packed with recipes for food that you can eat every day, along with easy tips to make sure it takes as little time as possible to get healthy, delicious food into your well-deserving mouth. If you count meals and snacks, we feed ourselves about 28 times each week. All of the *Well Fed* recipes -- made with zero grains, legumes, soy, sugar, dairy, or alcohol -- were created so you can enjoy your food every time.

The two essential tricks for happy, healthy eating are being prepared and avoiding boredom. *Well Fed* explains how to get in the habit of a Weekly Cookup so that you have ready-to-go food for snacks and meals every day. It will also show you how to make Hot Plates, a mix-and-match approach to combining basic ingredients with spices and seasonings to take your taste buds on a world tour. The recipes are as simple as possible, without compromising taste, and they've been tested extensively to minimize work and maximize flavor.

With 115+ original recipes and variations, this book will help you see that paleo eating, too often defined by what you give up, is really about what you'll gain: health, vitality, a light heart, and memorable meals to be shared with the people you love.

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