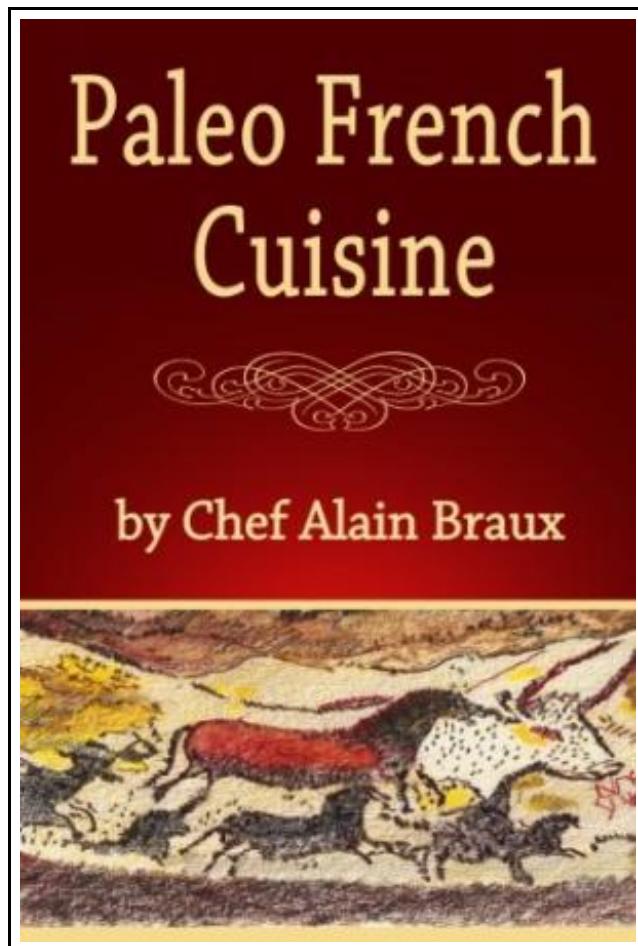


## Paleo French Cuisine: A Paleo Practical Guide with Recipes (Paperback)



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Alain Braux International Publishing, LLC, United States, 2013. Paperback. Book Condition: New. 228 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Chef Braux has done it again - another original, intelligent, and delicious cookbook - this time filled with Paleo Diet recipes that we haven't seen or tasted before. These original Paleo recipes are filled with unusual flavors, variety, and nutrient density that anybody can enjoy. I look forward to sharing this book with my patients. My real hope is that someone comes along, chooses 12 of these recipes and decides to sell them prepared to go. Congratulations! - Dr. Janet Zand, OMD. Author of Smart Medicine for a Healthier Child Prior to enjoying Alain Braux's latest book triumph Paleo French Cuisine I thought that to be somewhat oxymoronic idea, mistakenly associating all traditional French food with the stereotypical crusty baguette and beret. Thankfully, this book has clarified those muddy waters. This is akin to a field-guide for healthy gourmands, providing you with a step-by-step process from farmers market to table. Full of helpful information, from the roots of the paleo movement, to the link between health and food to simple tips for healthy shopping, ingredient selection, healthy food preparation and finally - the fantastic recipes. Of course you'll see the Classics of French Cuisine in the Coq au Vin, but also the new and delightful Raspberry Muffins Frangipane or Gourmet Chocolate Pudding. If you're laboring under the delusion that paleo cooking is all meat and boring in its selection then this is exactly the book you need! - Dr. Amy Neuzil, ND author of DIY Health: For Women. Chef Alain Braux has created another mouthwatering masterpiece in Paleo French Cuisine. The depth of information about the background of the Paleo...



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