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# Asian Paleo: 30 Minute Paleo! Your Complete Guide To Delicious, Healthy, And Gluten Free Asian Paleo In 30 Minutes Or Less (Asian Paleo Guide - Thai, Japanese, ... Korean, Filipino, And Vietnamese Recipes)





## Synopsis

Experience Your Favorite Asian Food Paleo Style! \* \* \*LIMITED TIME OFFER! 50% OFF! (Regular Price \$5.99) \* \* \*Only the BEST Asian Paleo Recipes I know you. You are health conscious, smart, and extremely motivated to eat amazing Asian Paleo dishes without sacrificing taste. You may be a long time Paleo practitioner or you may be new to the diet. Either way, buckle up, pour a cup of coffee and get ready to experience DELICIOUS Asian food Paleo style! Talk about the Paleo diet, the internet would be filled with the recipes from Mexican, Italian, American or other Western cuisine. What if you love Asian food and want to take up the Paleo diet? There are Asian Paleo diet recipes on the internet, but they are scattered and it is difficult to search for them, every day. This is where this book comes in handy. This book helps you to have a wonderful collection of simple recipes, which you can use for your Eastern cuisine cooking. Are you a working mother? Busy Single? College Student? You don't have a lot of time trying to bring the Paleo culture in your kitchen. This ebook is designed for those who cannot spend a lot of time, cooking. All the recipes in this book can be cooked in 30 minutes or even less. Why buy this book? a) Are you new to the Paleo diet? The introduction part would give you the reasons as why you should be taking up this diet and what exactly Paleo diet is. b) A long list of recipes which are organized based on the main ingredients, namely, the meat, seafood, egg and vegetarian dishes. c) The cooking time is mentioned and thus, with this book you can choose the dish based on the time left for your kid's school bus. d) Last, but not least, it is totally Asian. It has recipes from Thai, Chinese, Japanese and many other Asian countries. With this wide collection of recipes, you will never run out of ideas to make a tasty meal! This book Succeeds where others Fail! Most Paleo recipe books simply list the ingredients and cooking time. In this Asian Paleo recipe book you will get all of that but more! In each recipe you will learn how each specific ingredient benefits you! For instance, did you know red onions have anti cancer properties or that Chipotle Peppers aid in blasting away belly fat? That's just the tip of the iceberg. Not only will you get access to the best Asian Paleo recipes you will also gain tremendous insight to the medicinal healing powers each of these healthy ingredients contain. After reading this book you will be running to the kitchen inspired and motivated to throw together amazing Asian Paleo recipes that you and your family will be sure to love! Here is what You Will Learn:

- What is an Asian Paleo diet?
- Asian Paleo recipes with meat
- Asian Paleo recipes with seafood
- Asian Paleo recipes with vegetables
- Asian Paleo recipes with egg
- Asian Paleo beverages
- Creating Asian Paleo dishes of your own

Want to Know More? Hurry! For a limited time you can download "Asian Paleo: 30 Minute Paleo! Your Complete Guide to Delicious, Healthy, and Gluten Free Asian Paleo in 30 Minutes or Less" for a special discounted price of only

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## Book Information

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## Customer Reviews

I'm new to the whole Paleo craze, but I also love Asian food - so getting this book was a no brainer. I like how well organized and laid out it is, so easy to follow and be able to judge my time for recipes. Not to mention that the 4 recipes that I've tried out so far are very tasty. Don't miss grabbing this one to keep you on the road to better health.

My girlfriend and I love Asian Cuisine and we both try to stick close to a Paleo diet when possible so this book purchase was a no-brainer. The author does a nice job of laying out what a Paleo diet is and how the Asian Paleo differs. Essentially, Asian cuisine is transformed into Paleo form using ingredients common to the Asian diet. In this book you will find a number of tasty Asian inspired Paleo recipes for everything from beef to seafood to simply vegetables. The author even included a

few nice Asian Paleo Beverages for those interested in antioxidants, detoxing your body, boosting energy and helping with other medical conditions. I especially liked the section on creating your own Asian Paleo dishes with its list of common recipe substitutions. Essentially, if you like Asian dishes and are on a Paleo diet, this book is for you!

added this to my healthy eating library that I am building once at ideal body weight

FAST SHIPPING!!!!

Returned this one, no pictures.

Very disappointed with this book.

Should be a zero because this author knows NOTHING about nutrition. She says 5 grms fat is the dividing line for lean proteins and then says "Ground beef, pork loin, lamb loin, lamb foreshanks, veal cutlets, blade are a few examples of lean meat." Not true. Grass fed Beef Strip steak, beef innards like spleen, pancreas, tripe, chopped or chipped beef, bison, goat, caribou, deer, elk, breast of chicken and turkey, white fish, crab, and shrimp are about the only meats or animal protein 3 ounce servings that meet that criteria. She also claims adults need 80 grams of protein per day which is NOT true even for pregnant women! She explains Paleo as low in sugar and inflammation causing fats and other foods then sticks in honey which is nothing but sugar and bacon, tallow and lard! She says Pork has no vitamins Again, wrong on so many levels. She really needs to stop handing out nutritional content info because she hasn't a clue as to what she is saying in terms of correctness or accuracy. She claims it is full of saturated fat and yet it has more monounsaturated fats than saturated! She absolutely NEVER knows what she's talking about in terms of accuracy. The mistakes in her recipes typing is bad enough. She reminds one that wheat, rice and all purpose flour are not allowed but forgets that high starch tapioca flour is also NOT okay to use either. And on and on it goes, mistake after mistake after mistake.

I didn't know that Asian paleo recipes are these tasty and delicious. It took me a short time to prepare the recipes and I also had easy time following the instructions. The book is well structured and I would definitely recommend this book.

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