

The book was found

# Simple French Paleo: Flavorful Allergen-Free Recipes For The Autoimmune Protocol



## Synopsis

The Paleo Autoimmune Protocol has never been so delightful! Rediscover the joy of food with this beautifully crafted cookbook, deeply rooted in French tradition and family cooking. Simple French Paleo is a beautiful collection of accessible, delicious, and nourishing recipes, all of which are compliant with the elimination phase of the Paleo Autoimmune Protocol. The recipes are free from gluten, grains, legumes, dairy, eggs, nuts, seeds, and nightshades! It also contains all the information you need to get started on the Paleo Autoimmune Protocol, including:- A comprehensive introduction to the Paleo Autoimmune Protocol (also referred to as AIP)- Complete food lists detailing what to eat, what to avoid, and what to consume in moderation- Detailed explanations of the four phases of reintroductions- Essential lifestyle tips- A complete how-to guide for setting up an AIP pantry at home- Valuable extras: cooking timetables, conversion tables, and a handy steaming tutorial- 90 mouthwatering, allergen-free recipes compliant with the elimination phase of AIP- Full color photography, including many gorgeous shots of the incomparable Provence countryside Fresh, real food is at the heart of life. Enjoying the pleasures of life is possible even if you are struggling with an autoimmune disease or chronic illness. Let Simple French Paleo be your guide back to health.

## Book Information

Paperback: 256 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (May 31, 2016)

Language: English

ISBN-10: 153333160X

ISBN-13: 978-1533331601

Product Dimensions: 8 x 0.6 x 10 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (33 customer reviews)

Best Sellers Rank: #55,788 in Books (See Top 100 in Books) #198 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free #200 in Books > Cookbooks, Food & Wine > Special Diet > Paleo

## Customer Reviews

Simple French Paleo is the cookbook to refer to if you are looking for elegant and yet easy to follow French recipes that are also allergen-free and autoimmune protocol-compliant. Whether you're cooking for yourself, a family weeknight dinner, or a chic gathering at home with friends, it's easy to

find recipes in this cookbook that will suit the occasion. The front part of the book covers the author's story, detailing her autoimmune diagnosis and subsequent relief and improvement of health upon embarking on the Paleo autoimmune protocol (AIP). She also covers the gist of the protocol, what foods to eliminate, what to eat and how to reintroduce foods and maintain for optimal health. Having said that, it is not a medical or health guide book, but first and foremost a cookbook. There is also a section on how to stock your pantry. The book is written in a personal and easy to understand manner, making it a pleasant read. Then we move on to the recipe part of the cookbook. The recipes are heavily inspired by the food and flavors of Provence, and the gorgeous photos of the Provençal countryside keep in theme, making it a cookbook that is not only functional but also eye-candy worthy. I visited the Provence countryside many years ago and reading this cookbook transported me back to the days when I enjoyed shopping in the farmer's markets. The recipes are broken up into the following chapters: 1. Appetizers 2. Salads 3. Soups 4. Vegetables 5. Meat 6. Seafood 7. Desserts and Drinks 8. Basics There are around 90 recipes in total, all of which are compliant with the elimination phase of the AIP.

[Download to continue reading...](#)

Autoimmune Paleo Cookbook: Mouthwatering Recipes to Reverse Autoimmune Disease and Heal your Body (Paleo Cookbook, Autoimmune Solution, Autoimmune Protocol, ... Weight Loss, Autoimmune Paleo Cookbook) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Simple French Paleo: Flavorful Allergen-Free Recipes for the Autoimmune Protocol Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners (paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) The Autoimmune Paleo Cookbook: An Allergen-Free Approach to Managing

Chronic Illness (US Version) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Paleo Diet For Beginners: Paleo Solution: (Paleo Diet For Beginners, Paleo Recipes, Paleo Cookbook) A Simple Guide to the Paleo Autoimmune Protocol PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) 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) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners Nourish: The Paleo Healing Cookbook: Easy Yet Flavorful Recipes that Fight Autoimmune Illnesses

[Dmca](#)