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# Well Fed 2: More Paleo Recipes For People Who Love To Eat



## Synopsis

Well Fed 2: More Paleo Recipes For People Who Love To Eat is the follow-up to the deliciously popular Well Fed -- by "The Clothes Make The Girl" blogger Melissa Joulwan -- and it's packed with even more internationally-inspired recipes, mouth-watering photos, and easy meal ideas. All 200 recipes and Quick Meal ideas in Well Fed 2 are made with zero grains, legumes, soy, sugar, dairy, and alcohol -- without sacrificing fun and flavor. The recipes are easy to prepare and were tested extensively so they work every time -- and so you don't have to spend all your free time in the kitchen. Includes 200 recipes, variations, and Quick Meal ideas Well Fed 2 includes 110 original recipes, plus 45 of Melissa's popular "You Know How You Could Do That" variations. You'll also find 44 Quick Meal ideas (no recipe required!) and tips for turning individual dishes into multi-course meals. More than recipes The book opens with information to help readers manage their relationship with food, including ways to identify emotional appetite versus true hunger, 30 reasons to do a Whole30, tips for socializing while keeping good habits, and a call to action to develop the best version of themselves. International cuisine made healthier Paleo can seem restrictive, so a broad array of international recipes have been paleo-ized for delicious flavor without sacrificing good nutrition, including Deconstructed Gyro, Thai Basil Beef, Chinese Five-Spice Pork Ribs, Lemon Lamb Tagine, Tod Mun Chicken Cakes, Belly Dance Beet Salad, Garlic Creamed Spinach, Sesame Cucumber Noodles, and even Banana Pecan Ice Cream. Burgers, Balls & Bangers Inspired by international sausage flavors, these 15 meatball recipes can also be shaped into patties or sausages, then grilled, baked, or pan-fried. It's exponential meat goodness! Quick Meals Ideas for meals and snacks that don't require a recipe, but add zing to everyday eating for paleo newbies and veterans. AIP Adaptations More than 100 of the recipes and Quick Meal ideas in Well Fed 2 can easily and tastily be modified to comply with the autoimmune protocol of paleo. The book includes detailed instructions for adapting the recipes for people who need to take extra care. Whole30 Approved All of the recipes are approved for use during a Whole30 ([whole9life.com/category/whole-30](http://whole9life.com/category/whole-30)) except the Sweet Potato "Waffle" and the Banana Pecan Ice Cream. Global Alliance for Clean Cookstoves The PDF version of the book is available for \$1 to everyone who buys a printed copy. Those dollars will be donated to the Global Alliance for Clean Cookstoves, an organization devoted to getting clean cooking methods into the kitchens of developing countries. Well Fed 2 proves that the Paleo diet -- too often defined by what you give up -- is really about what you gain: good health, a light heart, and memorable meals to share with the people you love.

## Book Information

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## Customer Reviews

"Mel Joulwan has done it again: a beautifully designed, inspirational, educational cookbook filled not only with her trademark fantastic recipes, but also loaded with her wit and warmth. Mel inspires me to keep doing what I do. She fully lives -- and LOVES -- the Primal/paleo lifestyle." -- Mark Sisson, author of *The Primal Blueprint*, publisher of [MarksDailyApple.com](#) "Melissa's done the impossible: she managed to improve on *Well Fed*, the most dog-eared, sauce-splattered, well-loved resource in my kitchen. No matter if you're cooking to impress a crowd or just yourself, *Well Fed 2* offers everything a real food lover could hope for in a cookbook: international flavors, inventive tips, vivid stories, and stunning photography that dances off the page. I could cook out of this extraordinary book every single day." -- Michelle Tam, author of *Nom Nom Paleo: Food For Humans* and the web site [nomnompaleo.com](#) "For those of you who have already begun to live a better life thanks to the first *Well Fed*, welcome back! Here, you'll find enough recipe variations, inspiration, and excitement to propel you even further down your own individual path of health and happiness. For those who are starting with *Well Fed 2*, you are about to embark upon a journey. Trust us when we say these are not just recipes, and this is not just a cookbook. The information contained here ignites your spark -- and will change your life the way it's changed so many others." -- Melissa and Dallas Hartwig, authors of the New York Times best seller *It Starts With Food* "Melissa Joulwan's second cookbook *Well Fed 2* is a delight to read, to look at, and to cook from. Not only does it contain literally hundreds of new recipes and ideas for the paleo cook, it's also a straight-forward and honest composition about what it means to eat paleo and how you can be the healthiest and best version of yourself. As anyone familiar with her writing or her home-cooked meals would tell you, Melissa goes hard or not at all, and *Well Fed 2* is no exception. From tips on eating out to a heartfelt discussion

on emotional eating, stocking your paleo pantry, homemade condiment recipes, proteins, vegetables and side salads, even a few fruit desserts, this book has all its bases covered. Melissa is a creative and daring cook and her recipes will inspire you; in fact, creating your own variations is strongly encouraged through the "You know how you could do that?" feature on almost every recipe. With its delectable recipes, beautiful photos, clear instructions, and cooking tips galore, Well Fed 2 will be at home in any kitchen and will doubtless become a classic." -- Hilah Johnson, star of the internet TV show Hilah Cooking (hilahcooking.com) "From the Cincinnati Chili to a wonderfully simple Banana Pecan Ice Cream, the recipes in Well Fed 2 are so tempting you'll want to make them whether you're committed to a Paleo diet or just want to incorporate more whole foods into your diet. (And probably even if you don't.)" -- --Jennifer Reese, author of Make the Bread, Buy the Butter: What You Should and Shouldn't Cook from Scratch "I think my favorite part about Melissa's new cookbook Well Fed 2 is that it's a paleo cookbook that's actually paleo. Wait, no! My favorite part is that her attitude is as spicy as her recipes. Wait, no! Really my favorite part is that the playlist on page 30 includes half my favorite songs from high school. I love this book for about a hundred different reasons, and I'm ridiculously excited that it exists. On a serious note, it's wonderful to see a paleo cookbook that isn't full of honey, maple syrup, and molasses. These are legit paleo recipes, and they are legitimately tasty too. Melissa's recipes are unique and so is her personality. --Becca Borawski Jenkins, Managing Editor, BreakingMuscle.com

Melissa Joulwan is the author of the best-selling Well Fed cookbook series and the award-winning blog MelJoulwan.com, where she writes about her triumphs and failures in the gym, in the kitchen, and in life. Her newest cookbook is Well Fed Weeknights: Complete Paleo Meals in 45 Minutes Or Less (November 1, 2016). After a lifetime of yo-yo dieting and food as the enemy, Melissa found the paleo diet in 2009 and has been happily following it ever since. That year, she also underwent a thyroidectomy. In the aftermath of the surgery and recovery, she became particularly interested in how diet affects hormones, body composition, mood, and motivation. These days, Melissa's workouts are just as likely to include yoga and meditation as lifting heavy things and sprinting to stay ahead of the stopwatch. Well Fed 2 was named one of the best books of 2013 by .com and was a Washington Post best seller. Her first cookbook Well Fed appeared on the Wall Street Journal best sellers list, and she's the author of the recipes in the New York Times bestselling book It Starts With Food by Melissa and Dallas Hartwig. She writes a column for Paleo Magazine and her recipes have been featured in print in Low Sugar Living, Inspire Health, and Where Women Cook, and online at BuzzFeed.com, FoodNetwork.com, Nylon.com, PopSugar.com, and Men's Journal. She has been a

featured chef for U.S. Wellness Meats and Lava Lake Lamb, as well as an instructor at Whole Foods.

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