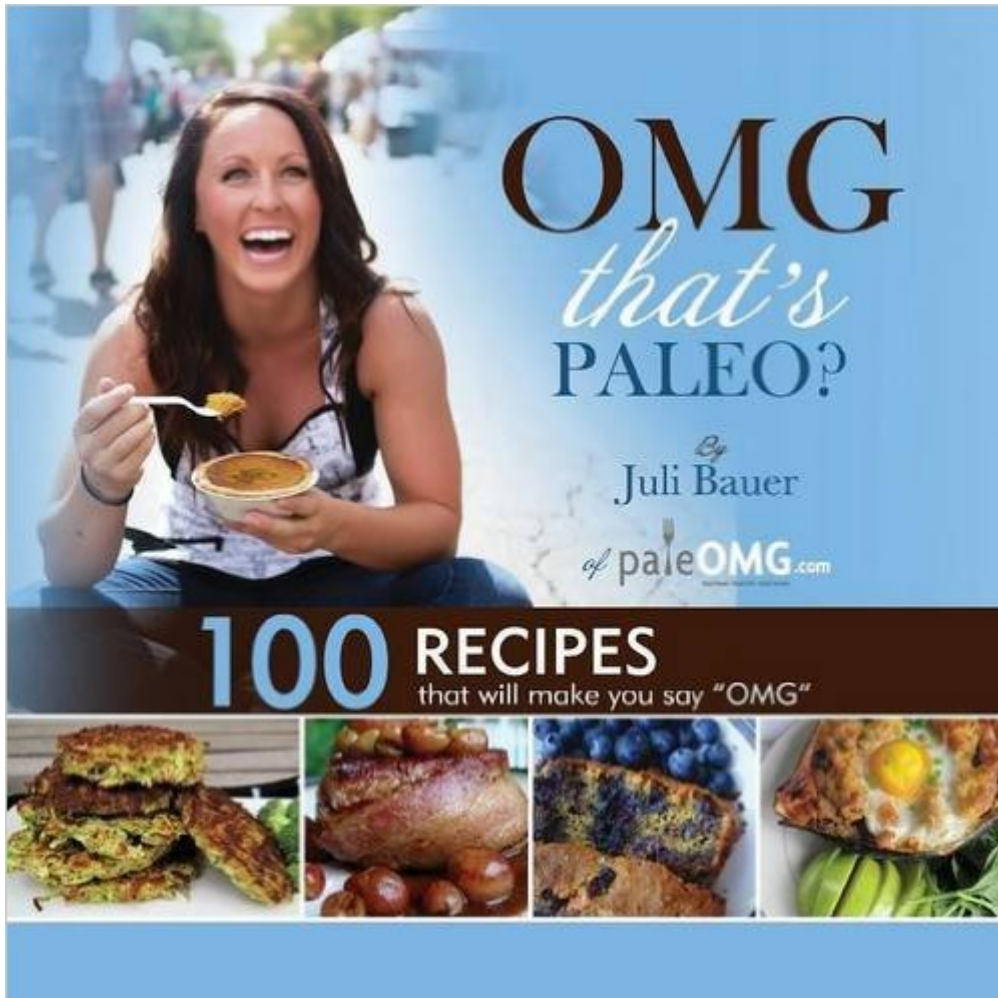


The book was found

OMG. That's Paleo?



Synopsis

OMG. That's Paleo? features 30 new recipes never seen before on author Juli Bauer's blog, paleomg.com, as well as a selection of her best blog recipes. Sections include poultry, beef, pork, fish/seafood, slow cooker, sweet and savory breakfasts, baked goods, 5-ingredient meals, side dishes, snacks and desserts; and each recipe features a color photo. Juli also writes about the paleo diet in general and why it works for her, suggestions for keeping a kitchen well stocked, and recommended resources for further reading. And just like her blog, you can expect plenty of funny stories and awkward moments. (Juli Bauer)

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Customer Reviews

Like another two-star reviewer, I pre-ordered this book which I NEVER do, because it's so hard to know what you're getting. I have made a couple of Juli's recipes and loved them (particularly the banana bread), so I made an exception and pre-ordered and very much regret that I did. The picture quality is horrendous--a majority of the images are oddly stretched or zoomed-in so it's hard to tell exactly what the final product will look like. The paper the book is printed on is really low quality and very thin. The writing, while definitely in Juli's regular style, seems like it should have been edited a little more for the book (and by editing I mean grammar and syntax, not word use). The book contains one hundred recipes and only twenty-nine are new, so you can find more than two-thirds of the recipes on paleOMG.com, with better pictures, for FREE. Go check out Juli's blog, it's funny and has lots of delicious recipes, and leave this book on the shelf.

First off, I am a Paleo Book Whore. If it's from one of my favorite bloggers or friends of said bloggers or mentioned once in someone's podcast at some point in time, I will pre-order as soon as that nifty little button becomes available. I own them all. Juli is one of my favorite bloggers. I anonymously stalk her relentlessly. That being said, I am so, so, so disappointed with the quality of this book. The pictures are printed horribly. I know Juli's pictures look better than that! The paper is super cheap, the book itself is flimsy and the print is hard to read. The recipes I've printed off from her blog look better and are easier to read. This is a pet peeve of mine - but when a recipe is printed the ingredients SHOULD be listed in the order in which they are used. It's no biggie for a blog. That kind of medium is meant for a more casual conversation, but I expected more out of a recipe book. I love the Juli stories and the recipe introductions, but the format of the recipes need a little re-tweaking. All of the recipes I've made are tasty and as someone who has been cooking off her blog for a few years, I'm excited to dive into the new recipes! But I feel like I got ripped off and paid way too much for such poor quality - paying over \$20 because I preordered. Now I see it's cheaper on Amazon and feel even more ripped off.

I love Juli's blog and have made a ton of recipes from it. They've all been amazing, so I was super excited when I heard she was doing a cookbook and I pre-ordered it! Some of the recipes in the book are from her blog, so I made them before. In all (from the book), I've made and loved: -Chicken basil meatloaf - Cilantro chicken nuggets - Pistachio pesto chicken pasta - Aloo gobi - Coconut ginger mushroom chicken - Plantain and mango beef - Brazilian curry chicken - Chocolate banana breakfast bars - Sweet curried cauliflower soup! actually don't even totally follow Paleo eating - I just love the taste and ease of these recipes! The other day as we were eating the cilantro chicken nuggets for dinner, my picky husband said "Who IS this chic and where does she come up with these recipes?!". Yes, they are that good. The ONLY reason gripe I have with this cookbook has nothing to do with the recipes but rather the material of the cookbook. The pages are pretty much plain paper and I already spilled water on it so some pages have gotten roughed up! If the pages were more durable and if it were spiral bound (like ALL cookbooks should be so you can easily prop it open), then it would be perfect! Happy eating!

I love Juli's blog Paleo OMG, and have used her recipes to make some of the best paleo food ever. I ordered this book with a few copies for friends. We were so excited to get the book in. However, we all had the same look on our faces when we opened it. We were slightly disappointed with the layout and the print was very tiny. The pictures were good as usual, but they overshadow the recipe.

In essence, to use this book as you cook a recipe is tough, because you have to keep stopping and squinting at the print. While beautiful and quite a personal accomplishment for Juli, it is not very user friendly.

I wanted to like this book. Because I really like the blog. But I'm disappointed that of 100 recipes, 70 are from the blog. So lame. The pictures are not very appetizing either. I'm not sure if its because of the lack of glossiness of photos or if its because the photos look stretched across the page/pixelated. I can appreciate that Juli put her heart an soul into the book but the flimsy cover (prefer hard bound or flimsy glossy) and lack of appetizing recipes just made this book a gigantic disappointment for me. I could have saved my money and just gotten the recipes off the blog. The poorly non-appetizing photos mean I only bookmarked 2 recipes to make. Meanwhile, I received Primal Cravings by meghan and brandon keatley in the mail and want to make everything immediately. Hopefully the author learns from her mistake and takes notes from the Keatleys.

I was very excited for this book, but after reading a few recipes, I was a little confused, and disappointed- mostly with the way the book was published. So many typos it's like no body bothered to actually read the book before printing thousands of copies. Juli adds little notes and tips for each recipe, but many of them seemed copy and pasted without care. For example, the filet mignon tips suggest adding chicken to a crock pot to add to the dish. What? And then to substitute purple cauliflower in a recipe that doesn't have cauliflower or veggie in the first place. There were countless typos, missing or misspelled words, missing ingredients etc. It just seemed very unprofessional. The food itself is decent, though most of the recipes are already available online.

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