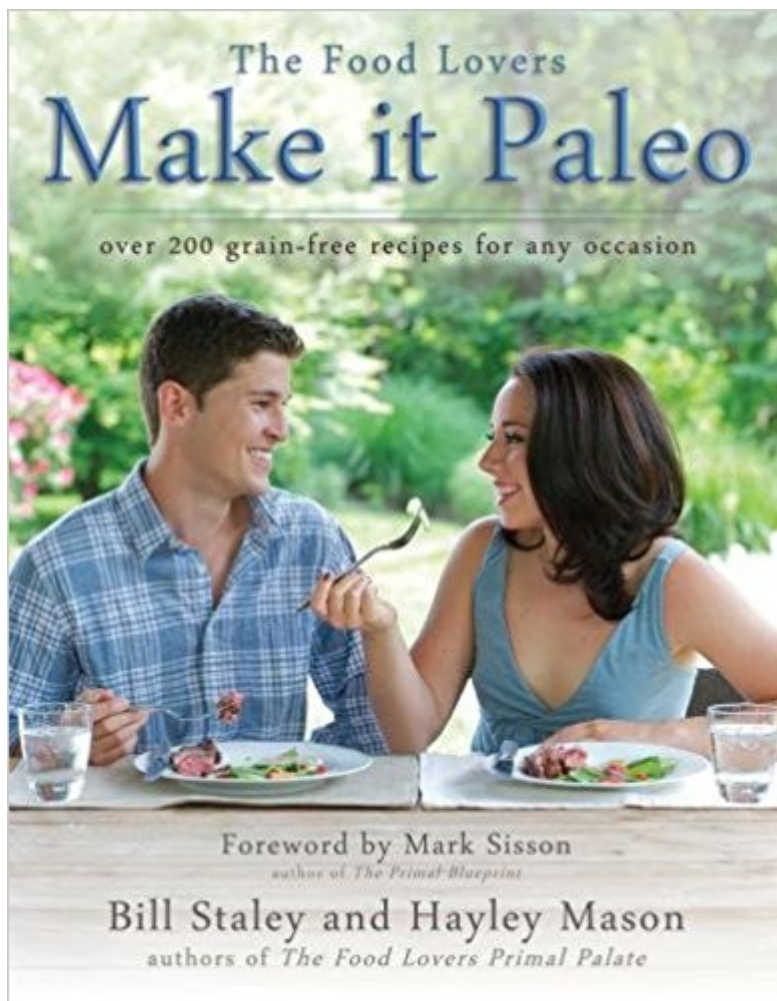




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Make It Paleo: Over 200 Grain Free Recipes For Any Occasion



Synopsis

Transitioning from conventional foods to a grain-free Paleo lifestyle can be a daunting proposition to most people. Hayley Mason and Bill Staley, authors of *The Food Lovers Primal Palate*, show you how easy it is to take any dish and Make it Paleo! Adapted from Chinese, French, Mexican and classic American meals, the over 200 mouthwatering recipes are each accompanied by vibrant photos and thoughtful notes to ensure you recreate each dish with ease. Beyond its wealth of recipes, *Make it Paleo* describes fundamental cooking techniques, includes tips for selecting the best ingredients, and chronicles a variety of menus for holidays and special occasions. Hayley and Bill demonstrate how to make cooking gourmet Paleo meals a carefree affair for everyone, from a kitchen rookie to a seasoned chef. *Make it Paleo* is filled with meals that all lovers of great food will enjoy, whether they follow a grain-free lifestyle or not.

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Customer Reviews

Hayley Mason, a high definition makeup artist trained in Hollywood, never thought she would be applying her styling talents to grass fed beef and grain free desserts rather than the eyes and cheek bones of movie stars. In just over a year, Hayley has become one of the most acclaimed culinary forces driving the grain free cooking movement. Her practical, efficient and methodical cooking style in *Make it Paleo* shows that delicious grain-free eating can be easily attained by anyone and leave you feeling as if nothing is missing from your plate. Her holistic approach to health, wellness and nutrition is a common thread that weaves its way through every recipe in *Make it Paleo*. Bill Staley, a

landscape architect and seasoned artist, brings his wealth of creative talents to the table in *Make it Paleo*. Drawing upon nearly a decade of experience in graphic design, photography, and various other artistic pursuits, Bill now brings his eye for aesthetics to the kitchen. His keen sense of photo composition and expertise with the software and technology required to record each dish are both immeasurable and integral to his role in creating *Make it Paleo* and *The Food Lovers Primal Palate*.

I was excited to receive this book, and at a lower price than at our local chain bookstores; the recipes are good - easy to follow instructions and wonderful pictures. However, after receiving the book, I went on the authors' website and was very disappointed to find that ALL of the recipes were duplicates of recipes on their website that you can access for FREE. I actually went through every recipe in the table of contents and compared to the recipe list on their website. Each one was included on their website. The website actually has more recipes than the book. Kudos to them for having a good website, but save yourself some money and just get the recipes online instead!

It looks like I am in the minority here, but this cookbook was just not for me. The book is beautiful and you can tell it is passionately written. However, I think their target audience is a young, relatively affluent couple like themselves with quite a bit of leisure time and obviously a good outdoor cooking space. I am the exact opposite. I am a busy working mom with a picky toddler who lives in a condo and therefore isn't allowed to grill. I don't have the time, budget space, or equipment to make a lot of these recipes. That being said, the recipes look delicious and would be great for entertaining especially. Maybe someday if I am retired, have more time and money, and own a REAL house that allows me to cook outside, I will repurchase "*Make It Paleo*." Until then, I am going to stick with Sarah Fragoso's books, which are much more family-friendly and better tailored to my personal situation.

These recipes are so boring and so bland. I recently tried Satay Chicken and it came out like cardboard. I also tried a few of the desserts and it was a disaster. The authors are far too focused on themselves and on pretty pictures and not on how to create flavor. I've moved on to other cookbooks.

I bought this book based on all the recommendations. Usually when a blogger writes a cookbook you normally don't see almost all of the recipes on their blog! I mean, really, why pay the money when the recipes are already at your fingertips. Honestly, I didn't go through all the recipes to see if

they were on the website, but the ones I really found appetizing to make were actually on the site. I felt like it was just a waste of 20 bucks. One good thing about the book is the menu planning. I'm not the creative type to pull a menu together using a stack of recipes, so this was nice to have. (not 20 bucks worth, but still nice to have)

I do like that this cookbook has pictures, but I agree with other reviewers; the pictures are actually TOO much eye candy. I love pictures in a cookbook, but I want the pictures to function not just as a visual enhancement but as an aid to how to prepare the foods. The recipes are nice, but there could have been two recipes per some pages instead of just one giant picture and recipe. Also, the book is large and awkward to hold. It's an okay book, but I was surprised to be disappointed. I did so want to like it more. I will keep it, and I will use the recipes, but the new trend toward coffee table cookbooks is not my thing.

A lovely book, and I am glad I bought it because it has nice recipes in it. Lots of pictures, and a very pretty book to have on your bookshelf. But, the first 50 pages the authors talk about themselves, some of the recipes are very complex using up the better part of two pages, and the book is heavy so is not easy to have laying around the kitchen when cooking out of it. I sometimes xerox just the page I need that has the recipe on it that I want. Then I scotch tape the page on my cupboard door to look at as I measure out the ingredients. Not my best purchase, but I do use it occasionally.

the best paleo book out there, in my opinion. It has a huge picture for each recipe, which I need when cooking. The recipes are also relevant to normal foods. The desserts, though, are fantastic. I love this book more than any other one.

When I was asked to review "Make it Paleo," I was beyond excited! I have followed The Food Lovers' since I went Paleo 2 years ago and I am grateful for them because they have paved the way for paleo bloggers like me, not to mention leading more and more people to the paleo/primal lifestyle. So how did I like "Make it Paleo"? What an impressive piece of art it is, page after page of beautiful photography followed by divine cuisine. To be honest, it's a page-turner, when I finally got this book in my hands I literally curled up and read it like I would a storybook. I couldn't wait to see what was next! Then I started cooking... amazing. The recipes are simple enough for everyday meals yet elegant and sophisticated enough for a dinner party or special occasion. As a matter of fact, a friend of a friend decided to get married on a whim (we're talking 24 hr. notice) and I whipped

up the dark chocolate cake on page 370 so that they would have a wedding cake. It was perfect and took practically no time at all to throw together, thanks to the accurate measurements and easy-to-follow instructions. The recipes in this cookbook are so versatile; everything from cakes to "Lo Mein" on pg. 204 (which took me from hating cabbage to craving it!) there is something for everyone. If you want to throw a quick meal together that packs a little spicy punch, the Smoked Paprika Chicken Thighs, pg. 194 are for you. Or if you want a recipe that will impress for a Sunday brunch, check out page 62 for the "Root Vegetable Hash & Poached Egg" is a sure crowd-pleaser. Something else that I loved about "Make it Paleo" is that it is a true health cookbook. I have had so many so-called "healthy cookbooks" that were full of junk ingredients and processed garbage. It's no wonder we as a nation are so unhealthy, people are so confused about health, but this cookbook will clear the fog for so many people, all you have to do is open the book. One more thing, in the "gratitude" section, Haley thanks her hair stylist for styling her hair for the book cover photo shoot. When I'm not blogging, I'm behind the chair styling hair and it touched my heart that she was so appreciative to her personal stylist.

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