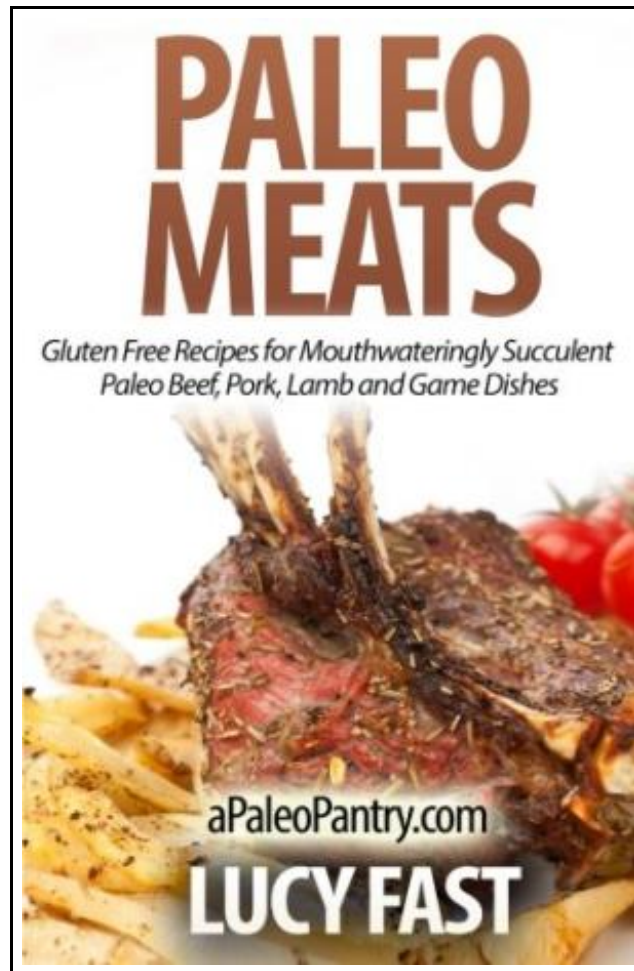


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Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In **Paleo Meats: Gluten Free Recipes for Mouthwateringly Succulent Paleo Beef, Pork, Lamb and Game Dishes** you re about to discover how to break free of the protein doldrums and expand your culinary horizons to eat more like our Paleolithic ancestors. I mean - they certainly didn't exist on diet of Beef, Chicken, and Pork - which are about the only things you can find in every American grocery store! That Protein Trinity was brought about first by ease of domestication then taken over the top by the corporate industrial food complex. And with all of us (Vegans and Vegetarians excluded) chanting, Meat, Meat, Man must eat!!!! supply tended to drive demand rather than the other way around. So while most of our meals have meat of some kind as the main event with a variety of sides, once you have explored your typical beef and pork roasts, steaks, stews and chops, with perhaps a stir-fry for the more adventurous, we find ourselves despairing over how boring our food really is? Well despair no more fellow Paleoites - I am here to swoop in and save you from meaty drudgery and turn your meals from meh. to magnificent!!! Yes we ll have sections on the standard Beef and Pork - with some delicious twists and some simple classics we all love, but where this book really shines is in something that is not often given the recognition it deserves. Game meats are more readily available than ever and simply delicious when properly prepared. And let's be honest, do you get more paleo than free ranging bison for dinner? Game dishes have to be the quintessential caveman...

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