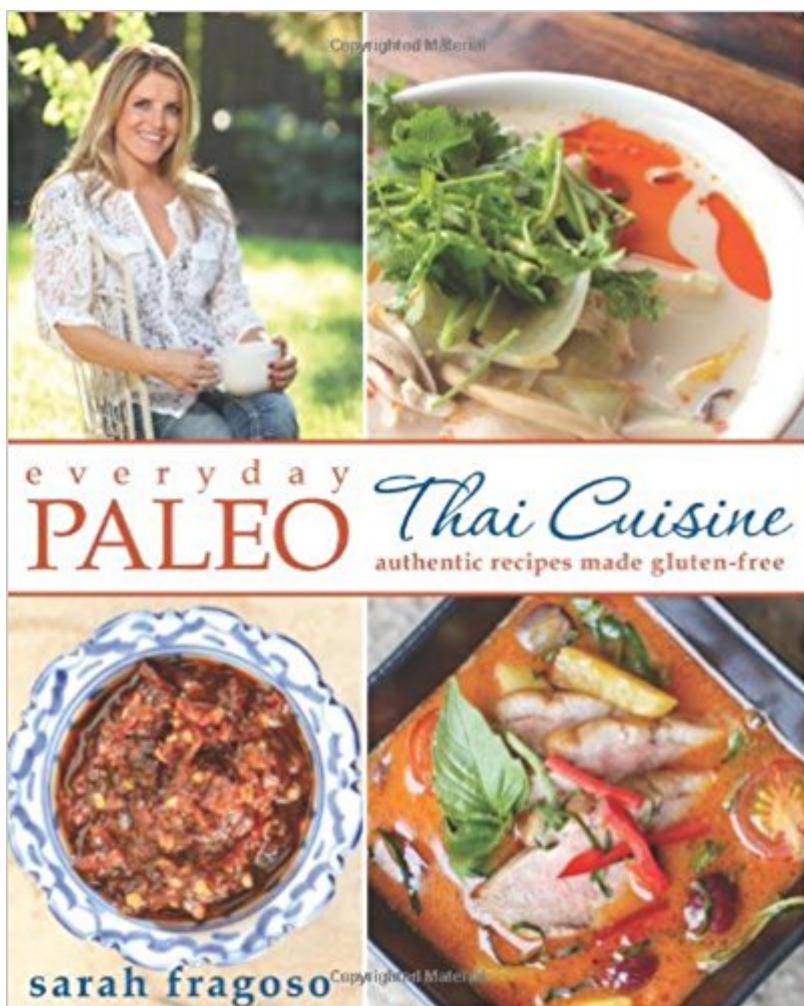


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# Everyday Paleo: Thai Cuisine: Authentic Recipes Made Gluten-free



## Synopsis

Sarah Fragoso is taking Paleo Around the World â “ next stop Thailand! Sarah Fragosoâ ™s travel adventures continue in the second installment of the Everyday Paleo Around the World series. This time, she took the Fragoso family to Thailand. In this epic book of travel adventures, food, and fun, you will find 100 recipes from numerous regions in Thailand, from the lush jungles of the north to the sultry beaches of the south and many places in between. Thai food is a beloved cuisine, and Sarah learned straight from the source the traditions that make Thai food so specialâ ”and delicious. In this book, she teaches you how to make these authentic dishes entirely free of grain, gluten, dairy, and legumes. Sarah had the opportunity to work side by side with restaurant chefs, home cooks, street vendors, and resort chefs, all with unique culinary perspectives, interesting stories, and amazing food. Everyday Paleo Around the World: Thai Cuisine brings it all home to you. You will find everything from homemade curry pastes to fresh spring rolls, amazing egg dishes, and tropical desserts. Get ready to lose yourself in the culture, food, and magic that is truly Thailandâ ”you will be sure to impress your family and guests with this amazing food! As an added bonus, Sarah shares tips for anyone planning a trip to Thailand: Learn the best ways to navigate the country and stay Paleo and gluten-free during your travels. Grab your passport, pack your suitcase, and join the Fragoso family on a mouthwatering Paleo adventure in Thailand!

## Book Information

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## Customer Reviews

Sarah Fragoso, bestselling author ofÂ Everyday Paleo, The Everyday Paleo Family Cookbook, and Paleo Pals has a strong passion for helping others acclimate and succeed on the Paleo diet and

has done so globally with her extremely successful Paleo recipe and advice blog. Fragoso is a certified Level 1 Crossfit Trainer, as well as a highly sought after strength and conditioning coach at Norcal Strength and Conditioning, one of America's top 30 gyms as rated by Men's Health Magazine. Fragoso is at the forefront of the Paleo movement and the leader in successfully helping families live Paleo. [www.everydaypaleo.com](http://www.everydaypaleo.com)

This book is awesome! It has everything a family needs to get started on a paleo lifestyle. Whether you have young children or teenagers, there is something for everyone. Even if you don't have kids the information is still valuable. There are so many great tips for busy parents without being cluttered with heavy science. This is a practical comprehensive day in day out, nuts and bolts plan to start and stay paleo for life. Sarah even includes recipes, meal plans and workouts all with pictures. You can't go wrong with this book!

I am a huge fan of Sarah Fragoso's cookbooks and this one does not disappoint!! Sarah poured all of her love, knowledge and creativity into this cookbook and as with all of her books, it shows! I have wanted to learn how to capture the authentic Thai flavors in Thai cooking for some time , as it's one of my most favorite foods- but always thought it was too difficult to learn. I began my adventure at the local Asian Market to gather the ingredients I needed for two recipes, surprisingly, it was a simple process and I was actually able to find them quickly (special note ; don't be afraid to ask for an ingredient you don't see). I even made my own homemade Tamarind paste to start my cooking adventure, quick and easy!! Once I began cooking, I was once again pleased at the simplicity of using a Wok and following the steps Sarah provided to layer the ingredients and cook the flavors just so, but nothing prepared me for how delicious dinner was!!!! True authentic flavors, with just enough spice. I even had success frying chicken in the wok!!! That was new experience for me- but it turned out great and it too was scrumptious. My kids jumped right in to help me with our cooking adventure and highly recommend the Deep Fried Chicken with Creamy Lime Sauce and Stir-Fried Rice Noodles! We even made both versions (with rice noodle and the other with cabbage:). My family devoured our meal and have our eyes set on the Red Curry next! GET this book, you'll be happy you did!! With such helpful insight into Thailand travels included in this book, you may find yourself planning your next vacation to Thailand ASAP!!!

I guess sent the book out early...To be upfront I have followed Sarah's blog for sometime and the new podcast. I don't have kids or family I mostly follow for recipes, cooking tips etc. That being said

I still learn a lot about these areas by tuning in. This book is an excellent "how to guide to paleo" it is also an excellent companion and implementation manual to Robb Wolf's "Paleo Solution". The production value this book is incredible the size of the book, the layout, the photographs all are top notch. What is great on this book if you are starting or looking at starting "paleo" (I really cannot stand the terms "paleo lifestyle" or "paleo diet" very annoying terms) is that the book takes you from the ground up. It starts you from Sarah's story, which everyone will find either elements of their own life or will find some way to relate, and starts to take you through the deconstruction and rebuilding process. From cleaning out the cupboards and fridge to what checklists to what buy on that first outing to restock the shelves. Then comes the recipes. Sarah by far is the original and best "Paleo Test Kitchen" out there. From someone that started Paleo a couple of years ago and you are trying to figure things out in the beginning just playing around having these recipes just makes things some much easier to get started. Finally, the recipes just taste fantastic and that is most important. The recipes have fantastic photographs, shopping lists and are laid out step by step. There is even a training section that tackles training for yourself, the kids and the whole family. no gym, no problem. In summary the book tackles the issue from each level and presents a solution to each issue from one the most experienced practitioners in the field.

This is a super cookbook for those trying to eat healthier. While there are some ingredients I was unfamiliar with (almond butter, almond meal, coconut flour for starters), I was told to try this by my doctor in an attempt to get my blood glucose down in a natural way. I am pleased with the recipes I have tried. Some of them are more labor-intensive though, so if you're looking for a 10 minute meal after work, this may not be the cookbook for you. I work fulltime and cook on the weekends for the coming week, so I didn't find this to be a problem. That being said, I haven't made anything that I wouldn't eat again. All of the recipes are easily adaptable for seasoning preferences and very easy to "tweak" as far as ingredients if you are an experienced cook. I do agree with some of the other reviewers though in that the shopping/pantry lists needed to be edited better. I ran all over town looking for thai fish oil - and she really meant fish sauce. But that is not a deal-breaker for me - all in all, this is a great cookbook and she has wonderful tips for those trying to better themselves by living a healthier lifestyle.

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