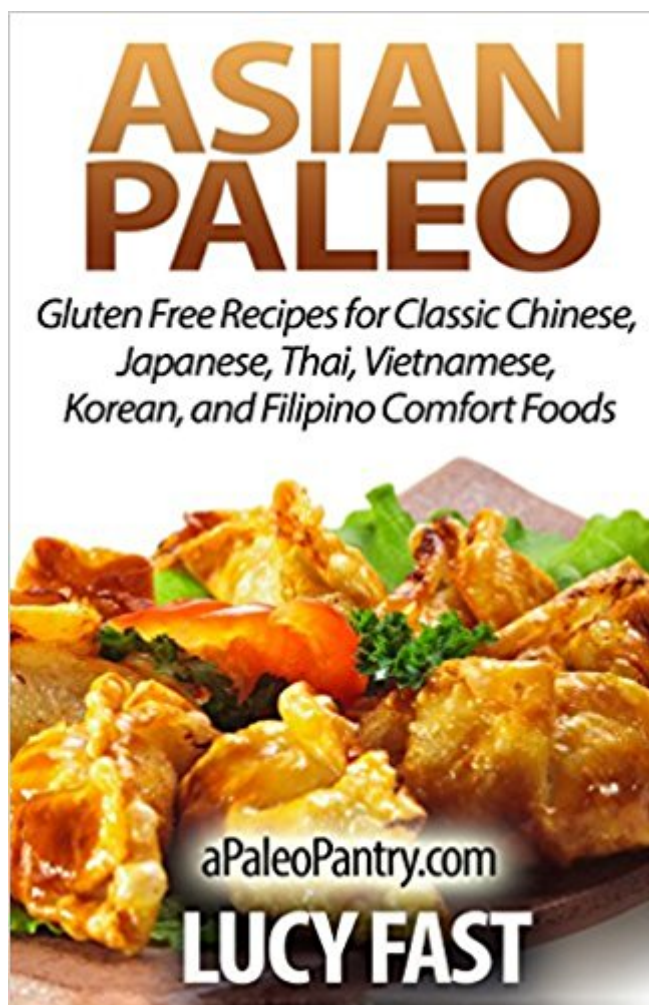


The book was found

Asian Paleo: Gluten Free Recipes For Classic Chinese, Japanese, Thai, Vietnamese, Korean, And Filipino Comfort Foods (Paleo Diet Solution Series)





Synopsis

**** #1 Best Seller in Wok Cookery & Pacific Rim Cooking! ****
Â Just to say Thank You for checking out this Book I want to give you a copy of my upcoming book Paleo Pantry: The Beginner's Guide to What Should and Should NOT be in Your Paleo Kitchen.Â Go to aPaleoPantry.com to reserve your FREE copy!
Â Most of us never try to cook our own Asian food at home since there's usually a plethora of dine-in or take-out options near our hometowns.Â Gone are the days when the Chinese restaurant was the only Asian place in town; Millennials now have their choice of Japanese/sushi bars, Thai, Vietnamese, Korean barbecue, even Mongolian and Vietnamese fare!
Â While these restaurants offer much in the way of deliciousness, they often cater to the American palate--and the American diet. Dishes are filled with sugars, syrups, and starches, which don't correspond with a Paleo-style eating plan.Â Never fear, "Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods" is here!
Â In this book, you'll find:
Â * The benefits of shopping at your local Asian market
Â * The final word on Miso (guess what - it IS Paleo-friendly)
Â * Quick and Easy ways to make delicious Asian food at home (including a great Rice substitute)
Â * Authentic recipes that are true to their native roots (Like Adobo and Curried Coconut Crab straight from the Philippines)
Â * Dishes from China like Sesame "Noodles" and Dumplings (Yes you CAN have Dumplings - we weren't just teasing you with the cover image!)
Â * Japanese Food like Beef Tataki and Yakitori
Â * Thai favorites like Som Tam (Green Papaya Salad) and Pork Pad Thai
Â * And much more!
Â Grab your wok and some chopsticks and let's get to eating!
Â Just scroll up and get your copy of "Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods" today!

Book Information

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Customer Reviews

Not worth the money! Mediocre and inauthentic recipes and not very many for the price. I bought her Mexican version also, but before it arrived i ordered this before seeing how poorly the content is done. Serious question as to where the many stars come.

I am very disappointed in this product for recipes and for the price. Nothing about nutritions, and very poorly content. I love Asian kitchen and here is nothing classic. I delete all other books from my wish list. Very upset.

I was very disappointed in this product and especially for the price. The book was extremely thin with only 24 recipes and no pictures of the meals to be prepared. :(Don't waste your time with this product...

Good ideas on how to make Asian food Paleo-friendly. Looking forward to trying the Cauliflower Rice and the Tom Yom Soup. I see Lucy Fast has some more Paleo books, so I'm going to check those out as well. Thanks!

Great recipes!

I made the Bi Bim Bap and mixed it with the Cauliflower Fried Rice and served it in a lettuce wrap. My husband and I both liked it and will make it again. I didn't have coconut aminos, so I used tamari.

this is a very cheap book, only has a list of ingredients for each recipe and NO instructions. not recommended

not very many recipes for 10 bucks it's about 50 cent a recipe.

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