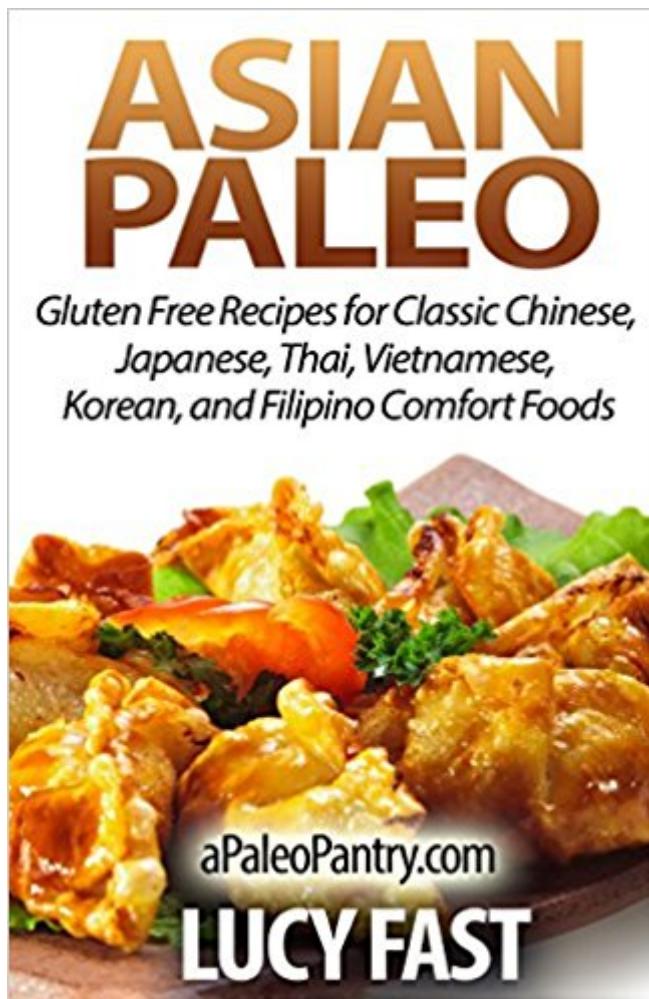


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Asian Paleo: Gluten Free Recipes For Classic Chinese, Japanese, Thai, Vietnamese, Korean, And Filipino Comfort Foods (Paleo Diet Solution Series)





Synopsis

**** #1 Best Seller in Wok Cookery & Pacific Rim Cooking! **** 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. Go to aPaleoPantry.com to reserve your FREE copy! 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. 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! 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. Never fear, "Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods" is here! In this book, you'll find:
* The benefits of shopping at your local Asian market
* The final word on Miso (guess what - it IS Paleo-friendly)
* Quick and Easy ways to make delicious Asian food at home (including a great Rice substitute)
* Authentic recipes that are true to their native roots (Like Adobo and Curried Coconut Crab straight from the Philippines)
* Dishes from China like Sesame "Noodles" and Dumplings (Yes you CAN have Dumplings - we weren't just teasing you with the cover image!)
* Japanese Food like Beef Tataki and Yakitori
* Thai favorites like Som Tam (Green Papaya Salad) and Pork Pad Thai
* And much more! Grab your wok and some chopsticks and let's get to eating! 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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