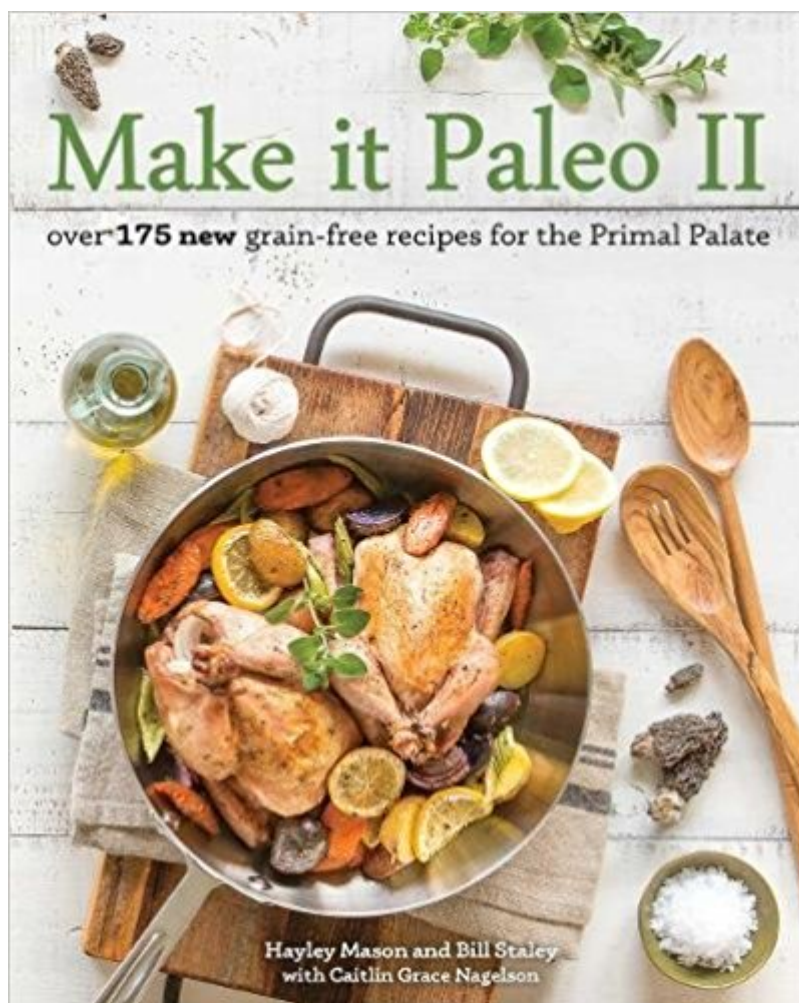


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# Make It Paleo II: Over 175 New Grain-Free Recipes For The Primal Palate



## Synopsis

In *Make it Paleo II*, Hayley Mason and Bill Staley, along with Hayley's talented sister, Caitlin Nagelson, expand their collection of published recipes with over 175 new and innovative dishes, all in their signature style: approachable cooking techniques with delectable results! Much like the original *Make it Paleo*, this new cookbook continues the theme of transforming popular recipes into Paleo-friendly dishes. Readers will also delight in discovering recipes that are purely from the culinary imaginations of the trio. Hayley and Bill, widely known for their exquisite food photography, have created a feast for the senses as they guide their readers through various cuisines of the world. *Make it Paleo II* is a true culinary journey that includes a multitude of inventive entrees, elegant side dishes, and (of course) decadent desserts. Recipes include: Lemon Blueberry Waffles Apple Streusel Muffins Thai Fried Chicken with Tangy Mango Sauce Lamb Barbacoa Tacos Ramen with Chashu and Marinated Eggs Roasted Chicken with Aromatic Spices Lobster Fettuccine Alfredo Stuffed Acorn Squash Caramelized Fennel with Sweet Potato Puree Dark Chocolate, Olive Oil, and Sea Salt Ice Cream Luscious Lemon Cupcakes As always, Hayley and Bill strive to make cooking fun and inspiring for anyone following a Paleo diet, whether they are new to this way of eating or not. *Make it Paleo II* is exactly that: fun and inspiring, with recipes that will excite you about grain-free cooking and leave you feeling satisfied long after the meal is over.

## Book Information

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## Customer Reviews

"Bill, Hayley, and Caitlin have completely outdone themselves with this cookbook. Their creativity and vision have created the new standard of what to expect in a cookbook. Not only is the

photography stunning, but the food is some of the most flavorful and decadent Paleo food you will ever try. This must-have book should be on your kitchen counter for every meal. — (Juli Bauer, New York Times bestselling author of *The Paleo Kitchen*) — “*Make it Paleo II* is the answer to your Paleo prayers! If you’re looking to take your cooking to the next level, this book is for you. From innovative nutrient-dense dishes to allergen-free treats and indulgences, there’s something for everyone in these creative and beautifully photographed recipes. — (Diane Sanfilippo, New York Times bestselling author of *Practical Paleo*)

Hayley Mason and Bill Staley are the minds behind the popular Paleo recipe website Primal Palate, and the authors of several bestselling Paleo cookbooks: *Make it Paleo*, *Gather*, and *The 30 Day Guide to Paleo Cooking*. Their Paleo journey together started with a blog titled *The Food Lovers Primal Palate*. Since then, they have cooked their way to becoming two of the most popular Paleo foodies on the web. Known for their simple and delicious recipes and their beautiful, bright photography, Hayley and Bill make food that is instantly recognizable, whether it’s on your computer screen or on your plate. A 2010 graduate of Chatham University, Caitlin Nagelson is a notable figure in Pittsburgh’s vibrant and blossoming restaurant community, working with some of the city’s best chefs and bartenders. She showed an early interest in cuisine by making sushi for her family at the age of 12, and later went on to train as a sushi chef under Matt Kemp. She points to her diagnosis of chronic Lyme disease in 2009 as a transformative experience in the evolution of her diet and cooking.

This review actually hurts me a little to write. I am a huge fan of Bill and Haley and the blog. I own *Make it Paleo* (the first one) and absolutely love it, but this book disappointed me so much I actually did something I have never done before...return a book to . For a follow up book, and a fourth book from an author, this book was way too basic. Anyone who has been cooking paleo for more than a few months knows, or should know, how to do most of these "recipes". How to make mayonnaise, pico de gallo, roasted chicken, chocolate brownies, and fried potatoes are very basic things-not something you would expect in a follow up book. Also, I found that most of the recipes were not original. I’ve seen most of them on half the paleo blogs I follow. On the bright side, this book is of course, beautiful, with a picture accompanying every recipe. If you are very new to paleo and want to build a recipe base of basics, this would be a great book. But if you are looking for new and exciting recipes to spice up your mealtimes, look elsewhere.

The taste profile of the dishes I have made from this recipe book is amazing! It is definitely great for those with allergies of all sorts, as most allergens are presented above the recipes for easy reference. This is a great book for those who just want to add more veggies to their menu or want to try some new things. My family are not typically fans of squash but the recipes we've tried are really good. I bought it after checking it out from our local library; I am limiting dairy and wheat due to some issues I am having and recognized that this book had a lot to offer. I can't say enough about the great meals this book presents.

What I am loving about this book so far is that it veers away a bit more from almond flour than any other Paleo book I have used before. I notice when I eat heavy amounts of nuts my pores are more clogged than normal (which is probably due to digestion - for the record I am healing a leaky gut) so I like the use of chestnut flour as a substitute. I was pleased to see pasta, but more so when I saw wontons!!! Both using flours other than almond flour. Some use Tapioca which depending on your preference you can interchange with Arrowroot or a few others easily at the same ratio. There is just less use of nuts in this book and I was happy to see that. I haven't made all the recipes in this book yet, but so far none have disappointed me, and I am VERY picky about my cookbooks. I only have about 10 cookbooks in my kitchen despite having tried close to 47, and counting, Paleo cookbooks so far. This one has made the cut, and one I'm definitely keeping in my kitchen.

Three years ago I adopted a Paleo lifestyle. Bill & Hayley's book, Make it Paleo, was the first Paleo cookbook I owned. To this day it is still one of my favorites. When they announced this book, I was beyond thrilled and jumped to pre-order it. I counted the days until it was in my hands. I will admit, I was frightened that I was building it up too much in my mind. Fortunately, it is above and beyond what I could have hoped for. This book is seriously unbelievable. Some of the recipes can seem a little intimidating at first (I can't really make something that good, can I?!) but they are very easy to follow along. You will finish your meal and feel like a 5 Star & Michelin rated chef. I have made 4 of the main dishes and each time I didn't think it could get any better. I was wrong. My two favorites were the Pork Meatballs with Creamy Sauce & the Orange Chicken. The pork meatballs have such a unique flavor and the orange chicken brought me back to times at my favorite Chinese restaurant. They are phenomenal. Next on my list is to try the Ginger Beer recipe!! I really can't recommend this book enough. It is at the top of my list when anyone asks (or doesn't!) Even if you don't live or eat Paleo, this book is worth every penny. The recipes come with options for variations to make them work for you. You will NOT regret this purchase!

I will be returning this one as the recipes include white potatoes and white rice, not to mention many recipes containing sweeteners, even in salads. Although they are natural sweeteners (raw honey & maple syrup, maple syrup has 14 grams of sugar in one Tbsp!). I am both Paleo and sugar-free so these don't work for me.

I almost ran out of post-its when my (not remotely Paleo) fiancé and his roommate got ahold of this cookbook. Which, since you don't know them, means that it appeals to even the most non Paleo people in existence (I hope he doesn't read this). They do include a very informative section all about Paleo in the front content for the newbies so I may just "accidentally" leave that section open and the book on the coffee table. The photography is stunning and you can see all the heart and soul that has been poured into Bill and Hayley's latest creation. I've been a fan of their recipes, and have several in consistent meal plan rotation, and I am especially excited to taste the new influences brought into this book by sushi chef Caitlin. Did I mention this cookbook is beautiful? Coffee table worthy, but with delicious recipes that mean it won't leave the kitchen.

This cookbook is top notch! Not only are the recipes excellent, but the photography is absolutely stunning!! If you're a cookbook hoarder like me, you need to add this book to your collection! (I just sit down and look through it all the time because the pictures are so gorgeous.) So far every recipe I have tried turned out perfectly and tasted excellent. If you're just beginning your Paleo journey or are looking for some new fresh Paleo ideas and recipes, then this is the cookbook for you. The book is flawless and very user friendly. I highly recommend this book!!!!

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