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Nom Nom Paleo: Food for Humans

By Henry Fong

Andrews McMeel Publishing. Hardcover. Condition: New. 288 pages. By the critically-acclaimed leading Paleo food blogger, Nom Nom Paleo features over 100 flavor-packed, nutrient-dense recipes using real, whole ingredients for foodies, fitness buffs, and families, presented in a fun, fresh style complete with over 900 awesome photographs and cartoons. Nom Nom Paleo is a visual feast, crackling with humor and packed with stunningly photographed step-by-step recipes free of gluten, soy, and added sugar. Designed to inspire the whole family to chow down on healthy, home-cooked meals, this cookbook compiles over 100 foolproof recipes that demonstrate how fun and flavorful cooking with wholesome ingredients can be. And did we mention the cartoons? Nom Nom Paleo kicks off with a fresh introduction to Paleo eating, taking readers on a guided tour of author Michelle Tam's real-food strategies for stocking the kitchen, saving time, and maximizing flavors. Also, sprinkled throughout the book are enlightening features on feeding kids, packing nutritious lunches, boosting umami, and much more. But the heart of this book is Michelle's award-winning recipes, 50 percent of which are brand-new--even to diehard fans who own her bestselling iPad cookbook app. Readers can start by marrying their favorite ingredients with building blocks like Sriracha...



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