



The Paleo Comfort Food Bible: More Than 100 Grain-Free, Dairy-Free Recipes for Your Favorite Foods

Anna Conrad

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If you think the increasingly popular caveman diet is good for your health but a bit depressing for your taste buds, this is the book that will change your perspective on the paleo diet forever. Now you can enjoy all your favorite comfort foods without sacrificing the terrific health benefits of a grain-free, dairy-free diet. From sweet potato casserole to crispy oven-fried onion rings, chicken and dumplings to spaghetti and meatballs, you'll find healthy versions of all the foods you crave most.

When chef and caterer Anna Conrad was asked to provide paleo recipes for a fitness group's twenty-eight-day paleo challenge, she was a little skeptical. Could an athlete—or even an average person—really maintain a balanced body without any grains or dairy? Before agreeing to the job, she decided to follow the diet for two weeks to see how she felt. In that short amount of time, she lost eight pounds without feeling hungry or deprived, and her blood pressure, heart rate, and cholesterol all stayed within healthy limits. She gladly provided the recipes and now offers a paleo menu as a regular part of her catering business.

In this book, she offers delicious comfort food recipes, including:

Buffalo wings
French onion soup
Oven-fried green tomatoes
Chicken enchiladas
Shrimp scampi with pasta
Spinach lasagna
And more!

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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