



# Well Fed: Paleo Recipes for People Who Love to Eat

*Melissa Joulwan*

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Preparing quality food is among the most caring things we can do for ourselves and the people we love. That's why Well Fed: Paleo Recipes For People Who Love To Eat is packed with recipes for food that you can eat every day, along with easy tips to make sure it takes as little time as possible to get healthy, delicious food into your well-deserving mouth.

If you count meals and snacks, we feed ourselves about 28 times each week. All of the Well Fed recipes made with zero grains, legumes, soy, sugar, dairy, or alcohol were created so you can enjoy your food every time. Calorie-dense ingredients like dried fruit and nuts show up as flavoring, instead of primary ingredients, and there's a balance of Omega-6 and Omega-3 fats, so you don't have to worry about that stuff you can just eat.

The two essential tricks for happy, healthy eating are being prepared and avoiding boredom. Well Fed explains how to enjoy a cookup once a week so that you have ready-to-go food for snacks and meals every day. It will also show you how to mix and match basic ingredients with spices and seasonings that take your taste buds on a world tour.

The recipes are as simple as possible, without compromising taste, and they've been tested the recipes extensively to minimize work and maximize flavor. Where it makes sense, directions explain how you can cut corners on technique and when you'll have the best results if you follow the instructions to the letter. Some of the dishes are "project recipes," so prep and cooking times are included to indicate which are quick enough for weeknights and which are perfect for lazy Sunday afternoons.

With 115+ original recipes and variations, this book will help you see that paleo eating too often defined by what you give up is really about what you'll gain: health, vitality, a light heart, and memorable meals to be shared with the people we love.

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