



Gourmet Paleo: Quick and Easy Breakfast, Lunch, Dinner and Dessert Recipes

Karen Millbury

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BOOK OVERVIEW So, you are reading this because you have adopted the Paleo lifestyle, but are probably starting to feel limited in your food choices. After all, there are only so many ways you can eat meat and vegetables – right? Wrong! You are only limited by the bounds of your imagination. You can prepare gourmet three course meals and the most decadent of desserts and still adhere to Paleo principles. The recipes that follow are just the tip of the iceberg in what you can achieve with a little hutzpah in the kitchen. I have chosen 25 mouth-wateringly delicious recipes for you to try out and I guarantee that your family and friends will love them too. I have outlined an “around the clock” menu for you to eat like a king from morning until night. Craving some sweet soul food after dinner? I got that covered too with Paleo style spins on classic desserts. Now I do realize that some of my gourmet dishes have the potential to break the bank. If you are on a tight budget, just remember that on Paleo, most recipe ingredients can be swapped out without adversely affecting the recipe. So if something doesn’t suit your budget or your taste buds, simply leave it out or substitute something else – the possibilities are endless. So go on, treat yourself – you deserve it!

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