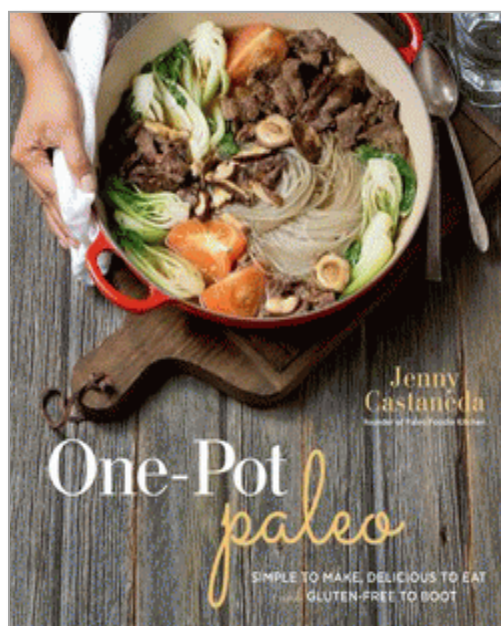


## Advance Information

### One-Pot Paleo

Simple to Make, Delicious to Eat and Gluten-free to Boot



<b>Author:</b>	Jenny Castaneda
<b>ISBN:</b>	9781624141225
<b>Imprint:</b>	Page Street Publishing
<b>BIC Category:</b>	Cookery for specific diets & conditions
<b>Dimensions:</b>	229 x 203 x 13
<b>Binding/PP:</b>	Paperback, 208 pp
<b>Rights Countries:</b>	Ireland & United Kingdom
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<b>Price:</b>	GBP14.99
<b>Illustrations:</b>	80 full colour photographs throughout

#### Selling Points:

Flavourful Paleo dishes that are quick to make and easy to clean up. The Paleo diet just got even easier. With Jenny Castaneda's delicious one-pot recipes, you'll spend less time cooking and cleaning, and more time enjoying your meal.

#### Description:

*One-Pot Paleo* not only provides creative and healthy dishes that feed the whole family, like casseroles, stir fry, bakes and broils, soups and stews, but there are also helpful guides throughout such as ingredient swaps, Paleo substitution charts, steps to prep on the weekend so the weekdays fly by and more. Recipes include Herbed Honey Chicken, Carne Asada, Szechuan Pork, Sesame Beef Stir Fry, Crab Stuffed Salmon and Sweet and Savory Chicken Wings. Sticking to the Paleo diet can be difficult enough, don't let complicated recipes make it worse. With these quick and tasty recipes, your family will be happy, healthy and well fed in no time.