



Paleo Planet: Primal Foods from The Global Kitchen, with More Than 125 Recipes

Becky Winkler

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Becky Winkler's *Paleo Planet* is the first cookbook to take the paleo diet for a global spin, with recipes that represent the cuisines of East, South, and Southeast Asia, the Middle East and Europe, Latin America, the Caribbean, and of course the U.S. In 125 recipes, she proves just how creative and wide-ranging the tastes in paleo cooking can be. With the chicken chapter alone, Becky demonstrates this breadth and depth of flavors with Yu Hsiang Chicken and Eggplant, Indochinese Chile Chicken, Roast Chicken with Za'atar and Yogurt Sauce, Chiles Rellenos with Pepita-Avocado Crema, and Chicken Meatballs with Garlic-Kale Marinara. Beyond these and other main courses featuring meat and fish, there are chapters devoted to vibrantly flavored appetizers, soups, sides, and desserts.

With a color photo accompanying every recipe, *Paleo Planet* is a beautiful book for all cooks, especially those who are looking to eat for better overall health. above all, for followers of the paleo diet, it takes this style of cooking in exciting and brand new directions, transforming paleo into a truly global cuisine.

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