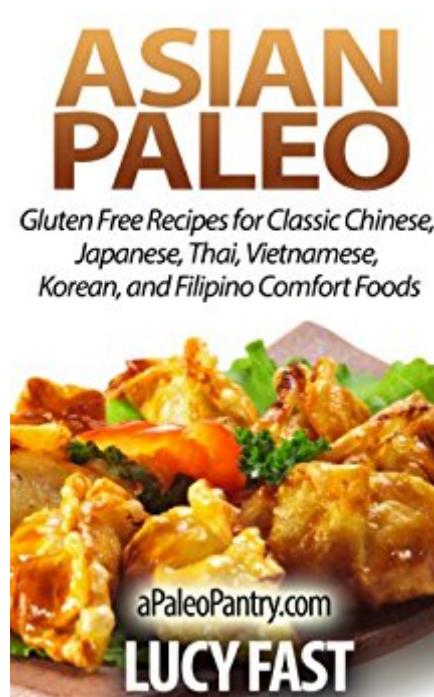


The book was found

Asian Paleo: Gluten Free Recipes For Classic Chinese, Japanese, Thai, Vietnamese, Korean, And Filipino Comfort Foods (Paleo Diet Solution Series)



Synopsis

**** #1 Best Seller in Wok Cookery & Pacific Rim Cooking! **** Just to say Thank You for checking out this Book I want to give you a copy of my upcoming book Paleo Pantry: The Beginner's Guide to What Should and Should NOT be in Your Paleo Kitchen. Go to aPaleoPantry.com to reserve your FREE copy! Most of us never try to cook our own Asian food at home since there's usually a plethora of dine-in or take-out options near our hometowns. Gone are the days when the Chinese restaurant was the only Asian place in town; Millennials now have their choice of Japanese/sushi bars, Thai, Vietnamese, Korean barbecue, even Mongolian and Vietnamese fare! While these restaurants offer much in the way of deliciousness, they often cater to the American palate and the American diet. Dishes are filled with sugars, syrups, and starches, which don't correspond with a Paleo-style eating plan. Never fear, *Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods* is here! In this book, you'll find:

- The benefits of shopping at your local Asian market
- The final word on Miso (guess what it IS Paleo-friendly)
- Quick and Easy ways to make delicious Asian food at home (including a great Rice substitute)
- Authentic recipes that are true to their native roots (Like Adobo and Curried Coconut Crab straight from the Philippines)
- Dishes from China like Sesame Noodles and Dumplings (Yes you CAN have Dumplings we weren't just teasing you with the cover image!)
- Japanese Food like Beef Tataki and Yakitori
- Thai favorites like Som Tam (Green Papaya Salad) and Pork Pad Thai
- And much more! Grab your wok and some chopsticks and let's get to eating! Just scroll up and get your copy of *Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods* today!

Book Information

File Size: 2617 KB

Print Length: 44 pages

Simultaneous Device Usage: Unlimited

Publisher: Healthy Wealthy nWise (July 17, 2014)

Publication Date: July 17, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00JOS53H4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #486,257 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #41

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian > Wok Cookery #82 inÂ Books > Cookbooks, Food & Wine > Asian Cooking > Wok Cookery #148 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Allergies

Customer Reviews

Good ideas on how to make Asian food Paleo-friendly. Looking forward to trying the Cauliflower Rice and the Tom Yom Soup. I see Lucy Fast has some more Paleo books, so I'm going to check those out as well. Thanks!

I made the Bi Bim Bap and mixed it with the Cauliflower Fried Rice and served it in a lettuce wrap. My husband and I both liked it and will make it again. I didn't have coconut aminos, so I used tamari.

I have a lot of Lucy Fast's books now and I LOVE every single one of them. I love cook books especially ones that eliminate wheat (I'm not a religious paleo follower but love all recipes books that are gluten free)I love the way Lucy writes! The recipes are mouth watering but also easy to follow. The beef tataki was amazeballs! YUM! I cant wait for lucy's next book.

If you are an ethnic food lover like I am, you'll enjoy recipes in this book. It has many easy recipes for Chinese, Vietnamese, Japanese, Thai, Korean foods and more. Most of the ingredients can be purchased at regular super markets and more exotic items can be bought easily at various Asian markets or online. I am a big fan of miso soup, it was good to learn that due to its fermentation process, miso based dishes are Paleo approved. Yum!

Not worth the money! Mediocre and inauthentic recipes and not very many for the price. I bought her Mexican version also, but before it arrived i ordered this before seeing how poorly the content is done. Serious question as to where the many stars come.

I'm a big time asian food lover and this book is perfect. I like how the author share some shopping tips for buying at "asian supermarkets", which can be pretty confusing for a newbie. She also includes a wide variety of dishes ranging from: Chinese, Japanese, Thai, Viet, and more.. Yum lots of different cuisines to try!

Lucy did it again, after Mexican Paleo and Italian Paleo, now it's Asian cooking adapted to the paleo diet. All the recipes look delicious. I can't wait to try the beef tataki and the pork pad thai. I really like that all the recipes are separated between Chinese, Japanese, Thai, Korean and Philippino flavours. Well done!

Anyone who enjoys asian food or wants to try asian food will love this book. Its a well written book with cuisines from chinese, Japanese and other countries. The ingredients are easy to find and the book is written in a easy to follow and step by step way which anyone can make and enjoy

[Download to continue reading...](#)

Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods (Paleo Diet Solution Series) Asian Paleo: 30 Minute Paleo! Your Complete Guide to Delicious, Healthy, and Gluten Free Asian Paleo in 30 Minutes or Less (Asian Paleo Guide - Thai, Japanese, ... Korean, Filipino, and Vietnamese Recipes) Vietnamese Cooking: 20 Vietnamese Cookbook Spring Rolls and Other Vietnamese Recipes (Vietnamese Cuisine, Vietnamese Food, Vietnamese Cooking, Vietnamese ... Vietnamese Kitchen, Vietnamese Recipes) Easy Vietnamese Cookbook: 50 Authentic Vietnamese Recipes (Vietnamese Recipes, Vietnamese Cookbook, Vietnamese Cooking, Easy Vietnamese Cookbook, Easy Vietnamese Recipes, Vietnamese Food Book 1) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Filipino Cooking: for beginners - Basic Filipino Recipes - Philippines Food 101 (Filipino Cooking - Filipino Food - Filipino Meals - Filipino Recipes- Pinoy food) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) Paleo: A Simple Start To The

14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta, Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) Thai Cooking: Easy Thai Recipes for Beginners - Simple Asian Recipes for Starters (Thai Food for Dummies - Simple Thai Dishes at Home Book 1) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking)

[Dmca](#)