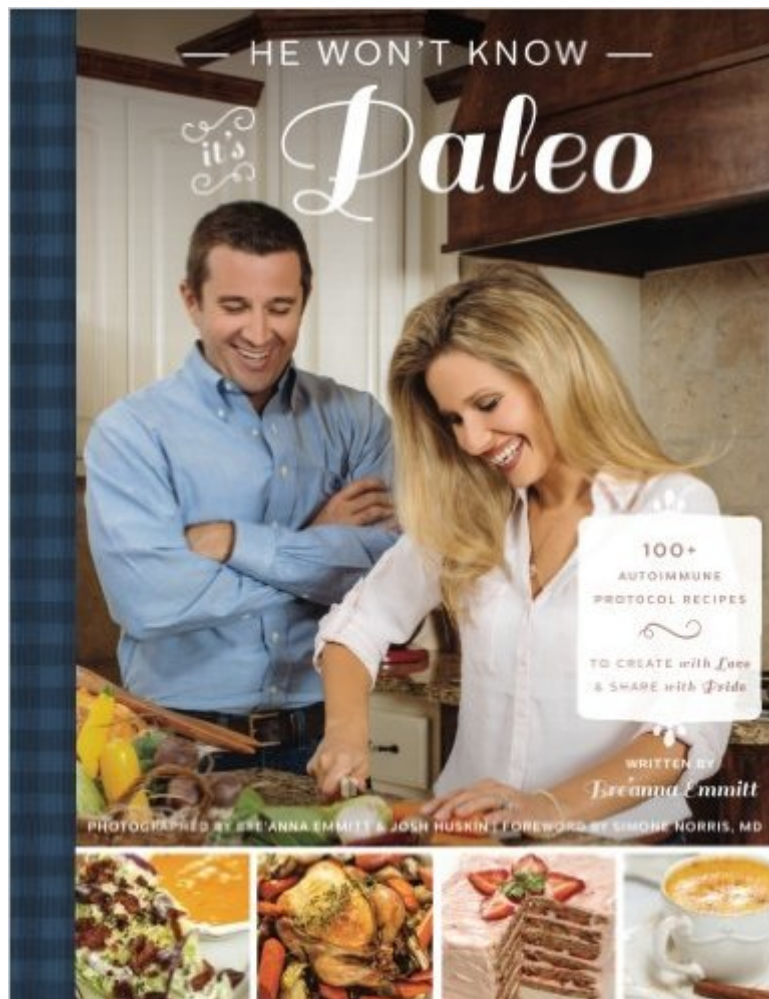


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# He Won't Know It's Paleo: 100+ Autoimmune Protocol Recipes To Create With Love And Share With Pride



## Synopsis

Revised and re-edited (2016)! Created with the busy cook and family in mind, Breanna Emmitt takes you right into her kitchen where she prepared only paleo autoimmune protocol meals for six months before she finally came clean with her husband, Chris. In that time, she noticed drastic improvement in her two autoimmune diseases and began her popular blog, He Won't Know It's Paleo. Each recipe in this book was created with love, shared with sneakiness, and enjoyed with gusto. Her guideline to publishing is always this: If a recipe doesn't meet her non-paleo husband's approval, it doesn't get published. Following the Paleo Autoimmune Protocol does not have to mean compromising great taste. Breanna's hope is that these recipes become your new family favorites - ones that not only improve your health, but that bring good food and great joy around your dinner table. If you want to improve your health but still enjoy your old favorites like tacos, muffins, cookies, cakes, and easy dinners, you are in the right spot! The He Won't Know It's Paleo cookbook contains over 100 recipes that are not only nutrient-dense, but are delicious enough to proudly serve to family and friends. Inside you'll find...AppetizersCondiments, Dressings and SeasoningsBreads and MuffinsBreakfastsSoups, Salads and SidesEntrees (including several 30-minute meals)Desserts and BeveragesInformation about autoimmune diseasesThe Paleo Diet vs. The Paleo Autoimmune Protocol (with substitution options for food reintroductions!)Elimination diet and reintroduction chartsSimple instructions and photos for each recipeAnd, Yes! All of the recipes are paleo, autoimmune-protocol friendly, and allergen-free! \*While still being full of flavor, all recipes are free from: GlutenDairyGrainsEggsSoyLegumesNutsSeedsNightshades Refined sugar

## Book Information

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## Customer Reviews

I was very hesitant to buy this book. Since January I have purchased all the AIP cookbooks that I could find. I wasn't really pleased with those so I was concerned this would be another one where I use only a few recipes from the entire book. I am so glad I got this one. It has recipes with ingredients that I normally have on hand. I can tell I will be making the majority of the recipes in this book. I've already made 6 this weekend.

I discovered Bre'anna's blog through a friend's pins...and I am so very thankful that I did. I, too, have been diagnosed with Hashimoto's and have been gluten free for three years, and have done strict paleo off and on, but have not seen the relief that I was hoping for. I am thrilled to have this beautiful, well-written + creative cookbook to help me in my AIP journey. She has created recipes for all our favorite "go-to's." I have gotten rave reviews from my Husband and picky-eating-elementary boys for the recipes that I have tried via her website. Thank you, Bre'anna for your work!

I'm pretty disappointed with this book. Especially after purchasing Mickey Trescott's Autoimmune book which was amazing (get it if you haven't yet). There are quite a few errors in this book. I'm fairly unexperienced in the kitchen so when I make a recipe, I follow it exact. We made the maple bacon salmon which never mentioned cooking the bacon prior to placing the bacon on top of the fish. We questioned this but followed her instructions anyways and ended up with bacon still raw. Had to take it off, cook it, put it back on and cook the fish for another 10min. It was still pretty tasty (because bacon, duh) but the process was wrong. Then, after not having any sort of desert for months, I decided to give the Yellow Cake a try. It came out awful! It was missing a step about when to add the dry ingredients to the wet. Was I supposed to do it before the egg substitute or after? I'll never know. I'm throwing this book in the recycle bin. Following the AIP is hard enough and my self esteem can only handle so many kitchen disasters.

I really, REALLY want to be able to give this cookbook 5 stars because I (and my family) have enjoyed so many of the recipes, but the editing of this book was so poorly executed that I just can't. There were many recipes that made no sense as written and I quickly found that I have to carefully

read the whole recipe before attempting to make it. I am an experienced cook, so I've had no problem using this as a guideline and improvising where needed, but for the average person following along, you would most likely end up in tears. Something that happens all too frequently as it is for those of us following the Autoimmune Protocol. For this reason, the price of the book is too high. This should have been offered as a much cheaper e-book as currently written. However, if this cookbook was properly edited and re-released, I wouldn't mind paying for it and would definitely recommend it to others. Edit: After making the strawberry cake recipe I had to come back and add a star. The batter was tricky to work with, but with some patience, it turned out amazing. I served it to several other non-aip followers and everyone was a fan! I can't wait to make it again!

This cookbook is start to finish full of nothing but real, good-for-you food. My family is not strict paleo, but we are working on making healthier choices, and that means more real, nutritious food. The science is in. We ALL need to limit our sugar and carb intake, and increase our lean protein and fruit/vege intake (and those of us that can have grains, need to choose them wisely). Whether you are paleo, strict AIP or just wanting some healthy and tasty recipes, this cookbook is a great one to add to your collection! All of the unique AIP ingredients are explained at the beginning of the cookbook. If you don't have any food allergies, some of the ingredients are easily substituted and you're still getting a much more nutritious meal than you often find in a regular cookbook. Such as carob [use cocoa], coconut aminos (use soy sauce), fish sauce (use worchestershire sauce), gelatin egg substitute (use real eggs), mace (use nutmeg), nutritional yeast (we sprinkle in shredded cheese to taste). So far we've made honey-seared pork tenderloin, beef stroganoff, tilapia, herb-roasted drumsticks, roasted sweet potatoes, mashed fauxtatoes, cheesy cauliflower rice, chicken salad, tuna salad, tortilla chips, n' oatmeal, sausage pigs in a pillow, banana bread, stuffed mushrooms, yellow cake, chocolate mousse, and snickerdoodles. (I'm having a love affair with the chocolate mousse right now, and my husband is having one with the snickerdoodles.) Happy cooking/baking! :-)

I have made several recipes from this book already, and I LOVE them! The book and pictures are gorgeous. One of the things I missed most when I went on the Autoimmune Protocol (AIP) were my favorite condiments. Thanks to Bre'anna, I now have AIP friendly ketchup, mayonnaise, mustard, and (my favorite) ranch dressing. Brilliant!! There are so many recipes I can't wait to try - the Wheatless Thins crackers look amazing, and so do the "Bread" sticks. Not to mention the amazing looking breakfasts. I was really needing more breakfast ideas. From appetizers to condiments and

main dishes to desserts, she has everything covered. The recipes are all simple to make, and use basic Paleo ingredients that I already had in my pantry and fridge. And best of all, I can eat all this wonderful food without advancing my autoimmune diseases. Thank you Bre'anna!

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