



Juli Bauer's Paleo Cookbook: Over 100 Gluten-Free Recipes to Help You Shine from Within

Juli Bauer , Hayley Mason , Bill Staley (Photographs)

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Why eat crap food when you don't have to? Better yet, why eat healthy food that doesn't taste good? There's no need to do that ever again with *Juli Bauer's Paleo Cookbook*.

New York Times bestselling author of *The Paleo Kitchen* and creator of the popular website *PaleOMG*, Juli is a well-known Paleo cook who creates meals that are sure to please the whole family. And this cookbook is her best one yet! Absolutely no one will complain when you serve them delicious dishes like Breakfast Tacos, Buffalo Chicken Casserole, Slow Cooker Short Rib Tostadas, Pistachio Rosemary Lamb Chops, and Layered Flourless Chocolate Cake.

For most people, the Paleo or "caveman" diet seems unrealistic. "You expect me not to eat cake anymore?" was Juli's first reaction. (There may have been a few curse words thrown in there, too.) For Juli, that just wasn't going to work. We all understand that cavemen didn't eat cake back in the day, but we're here in the future, and we can create Paleo-friendly cakes. So Juli ventured out to put a new spin on eating like a caveman. After two weeks of eating Paleo, she knew she was in it for the long haul. She has been eating Paleo for five years now, and she consistently gives her readers Paleo recipes that bring back childhood meal memories or just bring back the foods they love the most. There's no need to be a true, pretentious caveman if you don't have to be! We see you using Instagram over there, you modern caveman, you.

Paleo is about so much more than just food. To Juli, Paleo is what gave her the freedom to feel healthy, energetic, and enthusiastic about life. And that's exactly what she is trying to bring to you in this cookbook. She hopes not only to help you revamp your kitchen and excite your taste buds, but also to help you feel confident with the new lifestyle you've taken on.

Juli Bauer's Paleo Cookbook: Over 100 Gluten-Free Recipes to Help You Shine from Within Details

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From Reader Review Juli Bauer's Paleo Cookbook: Over 100 Gluten-Free Recipes to Help You Shine from Within for online ebook

Meagan says

The recipes and photography in this book are excellent. Everything I have made from this book has been delicious, and I am grateful to have found another good source of paleo recipes.

Suzanne Barrett says

Why eat crap food when you don't have to? says Paleo chef and cookbook author Juli Bauer. Blogger extraordinaire at Paleo OMG, Juli, along with George Bryant, is the author of The Paleo Kitchen, reviewed by me previously.

I love Juli's direct approach, her sassy personality that comes alive on the pages of her latest book, and of course the recipes. Be sure to read Juli's introduction where she explains why she created this book. These pages will help you to know her better and look forward to the taste treats further along. Also in the Intro are tips to make Paleo easier as well as the basics.

The recipes are divided into sections: Breakfast; Poultry; Beef; Pork and Lamb; Fish and Seafood; Soups, Salads and Sides; Snacks; Desserts; Drinks and Shakes and basics which covers all the sauces and dressings. As a former fan of Nutella, I loved Juli's Easy Chocolate Hazelnut Spread (p. 292). I also suggest her Truffle Aioli, simply delicious with French fries. It uses homemade mayo and white truffle oil.

Street Fish Tacos (p. 150) is a winner. The recipe calls for homemade tortillas (p. 290), avocado cream, seasoned tilapia fillets, and a red onion, cabbage and cilantro slaw infused with fresh lime juice. Muy Bueno!

Each recipe is a culinary masterpiece, gorgeously presented by Juli and photographed by the winning team of Bill Staley and Haley Mason of primal palate fame. I love how this book is laid out and am delighted with the recipe selection. (Check out the Winter Squash Salad (p. 172) with its Maple Mustard Vinaigrette. Yum!)

This beautifully presented cookbook deserves a place on your shelf. I guarantee Juli's fresh approach will have your family singing her (and YOUR) culinary praises.

Kate says

Given that I'm not paleo, I wasn't interested in a number of the recipes in this book, but a few looked good enough that I'm going to try them! Definitely worth checking out of the library.

Christina says

As with all cookbooks, I don't count as part of my yearly books read, but I do like to review them. I got a copy of this from the library and dog-eared 90 percent of the pages. I at that point realized that I needed to own it because I wanted to try almost all of the recipes, and when I say almost all, there were literally only 4 that I wasn't interested in trying. I immediately went on to amazon and ordered a copy for myself. I don't necessarily follow paleo diet, but I am gluten free due to having celiac disease, and every recipe in here is not only super tasty looking , but also gluten free.

The book is so well organized with lots and lots of beautiful colorful pictures and many tidbits of wisdom. The recipes are all easy enough even for the not so experienced home chef. Plus, there is a recipe for lavender honey gluten free donuts...come on now, need I say more??!!!

Don't be put off by the paleo title if you do not follow the diet. The recipes in here are for every human who loves food! :)

Run to the store or library right now and buy this.

Kelli says

This to me is a 4 star cookbook that is not marketed to my demographic. It feels very hip and young and not totally focused on the food. I found that distracting. The food and recipes are there, but there is a lot of other stuff thrown in that likely really appeals to her blog followers. Comments like: "Raw cauliflower smells like farts." "Because I'd like to smack that human in the face." "coolstorybye." "Chicken is effing boring" undermine the very sensible things that she has to say. The recipes are good and the food photography is fantastic but the blog-like commentary and hell's ya jargon wore thin for me after a while. The author seems to be known for her sense of humor and sass but I preferred The Paleo Kitchen: Finding Primal Joy in Modern Cooking.

I give her a lot of credit for likening going off of your diet for the rest of the day after having had something not allowed to deciding to get in a second car accident after having an accident earlier in the day. Brilliant way of putting it! That will resonate with me for a long time.

Heydi Smith says

Fantastic recipes and photographs. The commentary is a bit...much, for my taste. I found it a bit off putting at times.

Tracie says

This is the first time I have read a cookbook all the way through. Bauer is conversational and funny. She gave "back stories" on many of the recipes and had tons of little tips and tricks. She made the Paleo lifestyle seem possible. Even though I am not trying to eat Paleo, I flagged more than a dozen recipes to try! Beautiful photos on every page, kept me reading and imagining the possibilities. Wonderful book!

Dana says

Juli Bauer's Paleo Cookbook: Over 100 Gluten-Free Recipes to Help You Shine from Within totally knocks it out of the park. And over the next couple of towns/counties/states.

Let me give it to you straight. Juli's new cookbook is nothing short of amazing, whether you eat paleo or not. It's the equivalent of Tina Fey's Bossypants, but in cookbook form. Add in some kickass, delicious, and mouthwatering pictures for her bomb recipes, plus Juli's genuine, signature sense of humor and sass that everyone knows and loves. It's so damn gorgeous and mouthwatering and makes me want to eat every single recipe in the book and be her best friend and steal borrow all her clothes.

Now that's my kind of cookbook.

andrea dimichele says

Thank you Juli

Great cookbook with so many unique and inspiring ideas. My family and I are making the switch to Paleolithic and Julie has made it much easier and more enjoyable. And it's a fun read.

Jenna says

Straightforward Paleo cookbook with a twist of humor. I enjoy that Juli adds her own dash of sarcasm with each recipe. I also enjoy oggling her taste in clothes/rings/nail polish because I struggle with all of those things. I've followed her blog for awhile and appreciate that she isn't incredibly strict Paleo. The recipes are not complex but offer a real depth of flavor for health conscious individuals. My only critique would be that anyone with a nut or poultry allergy (i.e. my boyfriend) may find the breakfast and dessert options lacking. Also, there is no mention of FODMAP alternatives. Otherwise, I will use this cookbook immediately!

****Popsugar Challenge 2017: A book about food (I think a cookbook counts?)**

Hasini says

Tried few recipes and they came out very well!

Twyla says

this paleo cookbook was SO helpful to me when starting my Paleo journey! the recipes are easy to follow, and most of the ingredients are easy to find (and if they were trickier items to find, the author usually had some substitution suggestions)

I took this out of the library back in April (it's now June) and have reached the maximin number of renewals, so I am heading to the bookstore to purchase it today! if you are interested in the paleo lifestyle, I strongly recommend!

Kym says

This cookbook is full of family friendly Paleo recipes. It is perfect for those looking for a gluten-free alternative to favorite foods. I bypassed the pancakes and waffles because I don't like those kinds of things, but when there were recipes for tacos, meatballs and pizza for breakfast, I was in! The rest are just as yummy. The photographs are wonderful and add a lot to the cookbook. Everything looks delicious. This is a good cookbook for adding more vegetables and fewer carbs to anyone's diet.

Spuddie says

If you're familiar with Juli's blog (PaleOMG) you'll not be surprised in the least by the wonderful recipes in this cookbook. I think my single favorite recipe of the past year--one that I've made over and over--is her Buffalo Chicken Casserole made with spaghetti squash. Soooooo good.

becky says

LOVE HER!
