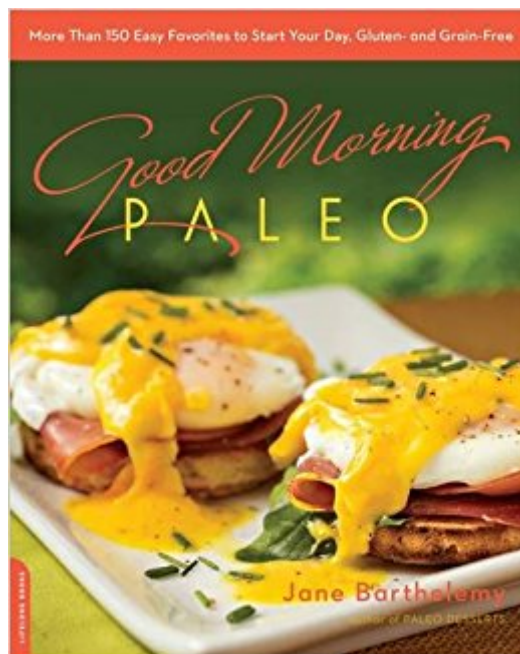




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# Good Morning Paleo: More Than 150 Easy Favorites To Start Your Day, Gluten- And Grain-Free



## Synopsis

Start your day the Paleo way A good breakfast has long been touted as the secret to a great day. But if you're following a Paleo diet, traditional favorites like English muffins, yogurt, oatmeal, toast with jam, and treats like pancakes, waffles, and blueberry muffins are off the menu. Now, Jane Barthelemy, the author of *Paleo Desserts*, has whipped up more than 150 healthy, luscious, low-carb replacements free of gluten, grain, dairy, and refined sugar. Created to give you greater energy without hunger pangs, feelings of deprivation, or a crash later in the day, these recipes are nutrient-dense and free of the sugar and chemicals that trigger cravings and weight gain. You'll find everything from homemade staple ingredients, such as non-dairy milks and nut butters, to grain-free breads, cereals, and muffins, as well as smoothies, egg- and meat-based hearty breakfasts, and grab-n-go goodies; and they're all made with real foods: fresh vegetables, tart fruits, unprocessed meats, nuts, eggs, and refined oils. With recipes for Paleo versions of your favorite breakfasts, including: English Muffins, Banana Bread, High-Protein Chia-Crunch Granola, Chocolate Brownie Superfood Waffles, Blueberry Lemon Muffins, Bacon Cauliflower Hash with Eggs, Cauliflower Tater Tots, Cowboy Baked Eggs, Mushroom Cheese Souffle, Spinach and Feta Quiche, Wild Salmon Cakes with Sour Cream, and many more. With egg-free, tree nut-free, and meat-free options, as well as recipes that work with diabetic- and candida-friendly diets, *Good Morning Paleo* will give you healthy, nutritious fuel to keep you going strong throughout your day.

## Book Information

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## Customer Reviews

San Francisco Book Review, 8/20/14; [A cookbook] you're going to want to have on your bookshelves; definitely one of those comprehensive cookbooks that you can refer to time and time again. •

"Eat breakfast like your life depends on it." I wrote this book to empower people to start the day in a new and different way. When you eat a great breakfast how much does it improve your whole day? And if you can make a habit of a good breakfast every day, with delicious flavor and high nutrition, how will it change your whole life? Good Morning Paleo is fun and approachable, with step by step instructions for a cook at any level. These nutrient dense recipes allow you to enjoy delicious healthy food, eat less, and feel great, with higher energy levels all day, and easy weight loss. This is a gluten-free book, and many people are on special diets. So we created a diet chart on every recipe, and also in the back of the book, to show which recipes are high-protein, egg-free, meat-free, tree-nut-free, diabetic, candida friendly and super-quick, so everybody can enjoy them.

You know how important breakfast is for nutritional purposes, but it's hard to find breakfast foods that aren't loaded with wheat flour, sugar, and other ingredients that pose problems for those on carb-restricted and gluten-free diets. Following up on her successful book *Paleo Desserts*, Jane Barthelemy offers up a plethora of healthy, low-carb, gluten-free and vegetarian-friendly possibilities in this book. You'll learn to make breads, muffins and tortillas without using flour or sugar that taste as good as or better than their commercial counterparts. There are great recipes for breakfast smoothies, a tapioca-like pudding made with chia seeds and fruit, as well as all kinds of pancakes, waffles, and other griddle favorites. Many of these recipes also make great brunch, lunch and dinner dishes -- for example, the Chicken Adobo -- and some can be adapted for dessert. The recipes I've tried are delicious; if you've been missing breakfast foods like pancakes, muffins, breakfast burritos and eggs Benedict, you'll appreciate the alternatives in this book. The instructions are clear and easy to follow, but you must follow them exactly to get the desired results, at least until you get the hang of cooking with non-mainstream ingredients. One caveat: many of the ingredients necessary to make these recipes are expensive. However, the author often gives directions for making more than you need and freezing the rest for later use, so you will get value from the recipes in the long run. I also wish the author had posted carb counts for each recipe. On the whole, though, these are minor issues. If you've been feeling deprived because you can't eat ordinary breakfast foods anymore, give this book a whirl; you'll look forward to breakfast again.

I fell like this book was written specifically for me. It has opened up an all new world for food for me. I found out based on lab tests I needed to go gluten free in July of 2014 & also I am being treated for Candida for which I have gone on a 50-100 gram carb diet with limited fruit. I pretty much believed that that would mean no crackers, bread, tortillas or pasta ever again. No so with the recipes in this book. The bread & muffins are very nutrient dense & taste wonderful. I actually like the bread better than wheat bread. This book opened my eyes to the world of coconut. One of my favorite treats during the holidays is oyster stew, even though I did not get the recipe from this book it gave me the idea to make it with full fat coconut milk, 1 quart fish stock, clam juice.. For those of you that like oyster stew this was better than any recipe that I ever used with cows milk base. Now I am going to experiment making it with lemon grass & curry. The information that Jane has in this book about nut is like gold. Last night I made the pumpkin muffins with streusel topping, they could have been purchased from high end bakery they were so good. I think Jane is brilliant.

This book has every possible delicious breakfast option for Paleo dieters out there. It gets annoying sometimes because some recipes require you to make other recipes and they all require a lot of ingredients. I turn to this book when I have a lot of money and a lot of time.

Bought this from over one year ago. Everything I have made has turned out well and tasted great. The almond bread is hands down the most delicious, flavorful Paleo bread I've ever made (and I have tried a lot of them). Highly recommend this book. It's loaded with great pointers and helpful hints. I'm going to buy her dessert book too. This lady can cook!!

I was so excited to get my Good Morning Paleo breakfast cookbook in the mail today. Thru Jane Bathelemy's blog I had tried some of the recipes she shared before and loved them and this book is a wealth of inspiration to get good nutrition into our family breakfasts. The whole book is a recipe for getting real food on the table. I feel so lucky that I am learning how to cook in a way that will keep my family thriving and they are so appreciative and that is a joy. Who ever dreamed that cooking could be such a joy. Thank you, Jane.

I have been looking and have bought many cookbooks since we jumped off the Standard American Diet train. This is the first one that has it all. Jane has thought of it all and has made this book user friendly. We eat more good fat because of this book and we eat well!!! The recipes taste great!!! My husband is even telling his friends that his 30 pound weight loss is because he is eating more fat!!!

Another great cookbook by Jane Barthelemy. Breakfast is the hardest meal of the day to go Paleo on, and this book keeps my tummy happy. She makes an awesome and super-moistpaleo harvest bread (see her blog) using chia seeds. I LOVE that Jane is sensitive to the effect various sweeteners have on the body...she doesn't just dump three cups of organic honey in something and call it good - cuz it will send your blood sugar thru the roof!

Great,Great!!!

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