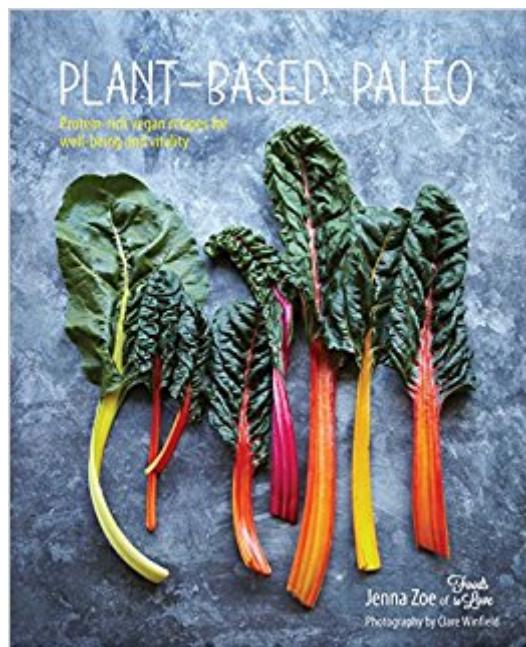


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# Plant-based Paleo: Protein-rich Vegan Recipes For Well-being And Vitality



## Synopsis

Sources say that before our ancestors learned to hunt, they ate a raw diet comprised of what they could gather in the wilderness. The plant-based diet gave us everything we needed then, and it does now! Plant proteins are easier for the body to absorb than animal proteins. A plant-based diet provides 10-15% of calories from protein, a safe intake for a healthy human. When eating a raw diet, nuts, sprouts, seeds, sprouted grains and leafy greens are examples of foods that are especially protein-rich. Recommended calcium intake is more healthfully achieved by eating leafy green vegetables like kale, and other calcium rich non-dairy foods like broccoli, seaweed, sesame seeds, and sprouted quinoa. Plants absorb calcium from soil; animals eat these plants to satisfy their hunger and nutrient needs. A plant-based diet goes straight to the source for healthy, easily absorbed calcium and much more. Jenna has created recipes to be enjoyed at any time of the day. Try Hemp Tabbouleh with Mint and Pomegranate, Kale Caesar Salad, Sweet Potato Gnocchi, Grilled Romaine Hearts with Ranch Aioli, Portobello Pizza Caps, Mango-Avocado Rolls, Raw Vegan Taco Salad, Cauli-Pops, Eggplant bacon, Raw Pad Thai, Green Curry with Jicama Rice, and for a sweet tooth Homemade Coconut Yogurt or Mango & Blueberry Tart.

## Book Information

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## Customer Reviews

Discover how our ancestors ate with more than 60 inventive and exciting, easy-to-prepare vegan paleo recipes that use a wide range of foraged ingredients including seeds, sprouted grains, fruits and vegetables. Plant-based Paleo helps you understand the paleo approach to vegan nutrition and create clean foods that your body will harness for sustenance, well-being and vitality. Humans

are the only animals who cook their food. Sources say that before we learned to hunt, we ate a raw diet comprised of what we could gather in the wilderness. The plant-based diet gave us everything we needed then, and it does now! Plant proteins are easier for the body to absorb than animal proteins because they have far less saturated fat and are high in calcium, absorbed from soil. Plant-based paleo goes straight to the source for this and much, much more, to unlock the nutritional secrets of the past to lead to a naturally healthier future. Jenna Zoehas created recipes to be enjoyed at any time of the day. Try Hemp Tabbouleh, Kale & Avocado Salad, Sweet Potato Gnocchi, Raw Sushi, Cauli-Pops, Eggplant 'bacon', Raw Pad Thai, Green Curry with Jicama Rice, Coconut Yogurt or Mango Blueberry Tart.

Jenna Zoe is the founder of Foods To Love, an online health food store selling products free from wheat, gluten, sugar, dairy, and eggs. She studied nutrition in order to heal from the inside out. Determined not to feel deprived while cleaning up her eating habits, she searched for ways to make healthy foods fun and colorful. This has resulted in her quest to 'healthify' all her favorite foods. She is author of 'Super Healthy Snacks and Treats' (978-1-84975-428-6) and lives in central London, UK.

I'm really enjoying this cookbook. It's healthy, the food is on the lighter side (in a good way), and it's not the same old usual boring vegan cookbook combos of tamari, nutritional yeast, nut overload, etc. Yet, most of the recipes use easily sourced ingredients. I'm not paleo, so can't comment on it's authenticity as Paleo, but I eat a mostly raw vegan diet, which is paleo-ish. I have made the green pea falafel numerous times now - it's my new go-to recipe! I've made it in the dehydrator as well as an oven, and it's wonderful both ways (However, I add a little ground flaxseed to bind it). The hemp tabouli is to die for. I've been making the cauliflower pizza crust to use like pita in other dishes. I just make a batch of the crust, and shape them into little discs, and they work really well as soft tacos. The "meatballs" are also very good. The only negative about this book is that there are a few typos, and references leading to the wrong page. Also, the recipe for one of the "french fries" doesn't include the recipe for the referenced dipping sauce. My final gripe is with the food photography - it is beautiful, but some of the recipes are shot in such a way that they don't seem very hearty for the calorie count. Why would I want to eat a 400 calorie lettuce cup? Oh wait, hidden beneath the garnish is some sunflower pate...but, it's silly not to emphasize the pate in the picture. There's also a high calorie grilled lettuce, that I can't quite figure out where the calories are coming from. Overall, I'm really happy that I bought this, and I would highly recommend it.

This is not only a gorgeous cookbook, the recipes make sense, are easy to follow, and any of the recipes are simple to vary, too. For me, it was a relief to find this cookbook because the way I now eat doesn't "fit" into a particular diet. I avoid foods that cause inflammation and trigger an autoimmune response (gluten, soy, sugar, dairy, red meat...etc.) So I was like, "Hooray" when I saw that this vegetable-focused version of the paleo diet without all the meat. My favorite recipes so far are: the Waldorf Salad, Kale Caesar, and Green Energy Soup. Thank you, Jenna Zoe.

Expected much more. I guess this is a difficult subject to write on, but in general there are only two things I would consider making from this book. Had wanted more hot dish options.

Pretty much what I expected. Several recipes we liked with minimal modification. You really can do plant based paleo, but it helps to read a book or two as you get started.

Loved reading it. Good basic info on vegan, high protein low carb diet. Easy to implement ideas for daily life. Beautiful photos. I am inspired.

These recipes seem a bit more complicated and less paleo to me, but it is a nice book and creative.

I was expecting more from this book, even in the beginning she says you can use meat to substitute....hmmm its a vegan book??

Wonderful book! Great recipes, very well written. Love that there is a picture for nearly every recipe!

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