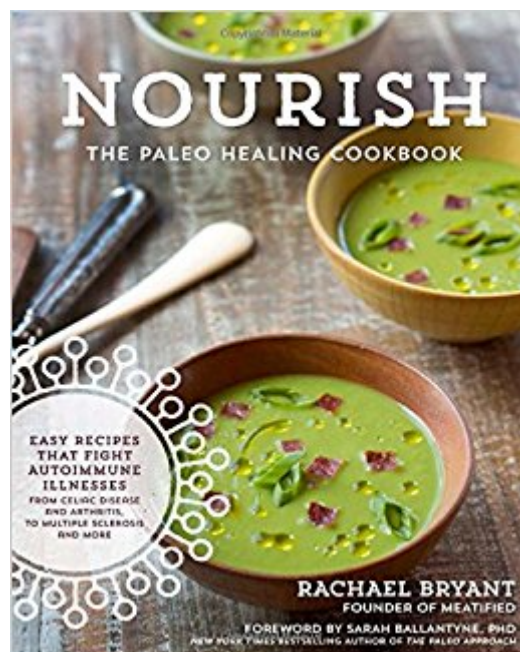




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# Nourish: The Paleo Healing Cookbook: Easy Yet Flavorful Recipes That Fight Autoimmune Illnesses



## Synopsis

Over 120 Easy Recipes That Battle Autoimmune Illness and Heal Your Body Let Nourish show you just how delicious healing can be! Following the Paleo Autoimmune Protocol can reduce inflammation and ease your autoimmune symptoms with every bite. With over 120 simple, tasty and nutrient-dense recipes, Nourish can help you heal your gut, regain your health and feel great. Recipes like Glazed & Baked Chicken Wings, Perfect Sliced Roast Beef, Baked Swedish Meatballs, Slow Cooker Pork Shanks and more take the guesswork out of the Paleo Autoimmune Protocol and open up a world of complex, bold and enticing flavors that your whole family is sure to love.

## Book Information

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## Customer Reviews

• Nourish is a masterful collection of innovative yet accessible recipes that will get you eating a healing diet without even a second of missing out on flavor! • Sarah Ballantyne, PhD, New York Times bestselling author of THE PALEO APPROACH and THE PALEO APPROACH COOKBOOK • If you serve Rachael Bryant's flavor-packed dishes to your family, no one will suspect that these autoimmune-friendly dishes are missing anything. In fact, I bet they'll demand seconds and thirds! • Michelle Tam, New York Times bestselling author of NOM NOM PALEO: FOOD FOR HUMANS • Rachael has created a suite of delicious, creative, healthful, gorgeously-photographed recipes that appeal to any palate. Nourish is a scene-stealer! • Liz Wolfe, NTP, author of EAT THE YOLKS • I wish I'd had this cookbook when I did my own 3-month AIP experiment. It would have made the experience entirely more delicious. Rachael's creative

recipes put tangy flavors (like BBQ Sauce) and creamy textures (hello, gravy!) back on the menu. This cookbook is a welcome treat for anyone following the AIP.

• Melissa Joulwan, author of *WELL FED: PALEO RECIPES FOR PEOPLE WHO LOVE TO EAT* and *WELL FED 2: MORE PALEO RECIPES FOR PEOPLE WHO LOVE TO EAT* œ Nourish makes what otherwise seems like a daunting dietary change effortless and incredibly tasty. With this book as your guide, you will have endless ideas of dishes to prepare that will excite your palate as well as heal your body.

• Mickey Trescott, NTP, author of *THE AUTOIMMUNE PALEO COOKBOOK* œ Rachael has created the ultimate cookbook for anyone on a restricted diet who just wants to enjoy food again. Nourish is packed with approachable recipes that build a foundation for eating healthily, feeding your body, and warming your soul. Rachael has masterfully developed big flavors and created internationally inspired dishes you've had to give up...until now. You can trust the recipes in Nourish to help you on your healing journey.

• Stephanie Gaudreau, author of *THE PERFORMANCE PALEO COOKBOOK* and creator of Stupid Easy Paleo œ As someone who is struggling to make a lasting transition to an AIP-oriented diet, I want to share with all of you that Rachael's food is absolutely fantastic. Not only did I find myself in awe of how approachable her recipes are to prepare, but the ingredients are fully accessible for "normal" people in "normal" stores. My kids cleaned their plates every single time I served a recipe.

• Ciarra Hannah, creator of Popular Paleo and author of *THE FRUGAL PALEO COOKBOOK* œ Rachael gives you recipes that combine vegetables, fruits and meats in a way you may not have ever thought was possible. This cookbook has an amazing group of nutrient-dense recipes that not only taste fantastic, but will help your body heal. Nourish shows us that you don't have to sacrifice flavor in order to live a healthy lifestyle, and that following an autoimmune-friendly diet can be more delicious than you ever thought it could be!

• Amy Densmore, founder of PaleoCupboard.Com

Rachael Bryant is the creator of the popular Paleo blog, Meatified. She has used the Paleo Autoimmune Protocol to treat her own Hashimoto's disease. Her recipes have been featured on MarksDailyApple.com, NomNomPaleo.com and ThePaleoMom.com. Food52.com declared that Rachael made "the best damn pork we've ever eaten!" She lives in Flagstaff, Arizona.

This cookbook kicks off discussing in the forward and introduction, the rise in autoimmune diseases in America, the role that leaky gut plays and how these medical conditions can be cured or symptoms greatly improved by eating the Paleo way. The fact that eating Paleo may be challenging and overwhelming for the beginner is stated but hope is planted that after the initial gut healing

protocol is done people may begin to test to see which foods they can reintroduce and tolerate. So there is hope that not all must remain on a very strict Paleo Diet for the long term. Variety of foods is stressed which is a good recommendation for all people. The chapters are: breakfast, meat, seafood, vegetables, dessert and a last chapter on sauces, dips, condiments and broths. I would classify a good number of these as gourmet recipes or not your typical weeknight dinner items or expensive foods such as: salmon and avocado tartare, liver pate with apple, deep fried shrimp, oysters, mussels, and thyme and prosciutto wrapped trout rolls. There are some odd things, I guess stretching our variety: crispy beef tongue wraps, rabbit, and fried sardines. All the vegetables seem doable or things I already make and find easy. The desserts are mostly frozen sorbets, granita, popsicles, and a pudding. For breakfast when eating eggless (full Paleo) it winds up being foods that Americans associate with lunch or dinner, savory dishes such as sausage gravy benedict on a portabello mushroom or breakfast meatloaf (with onion, garlic powder, sage, oregano and thyme and pork rinds as some of the ingredients). For the past two years under my doctor's advice I have been shifting my diet back and forth from grain-free to candida diet (no grains, sugar, alcohol, soy, dairy, corn). I've gone off seafood and fish due to intolerance by blood test. The purpose of this review is not to judge the Paleo diet. I have known about leaky gut for almost 20 years so the advice about healing that and about inflammation issues and health are preaching to the choir. This cookbook has excellent tempting photos all in full color the same type as are on the cover and the font is large and legible. However there is still a lot of white space so I'd have liked even larger font. This hardcover book is of nice quality and is a nice large page size. If you are looking for easy, cheap, fast recipes for weeknight cooking perhaps some other book would be a better fit. This cookbook is definitely for those who are open to cooking more complicated recipes from different cultures and for those not intimidated with long ingredient lists. It takes multiple ingredients to add complexity and flavor so I understand! These often use expensive foods and perhaps are better for families for weekend gourmet cooking or for parties when duck legs or oysters on the half shell are more typical fare. I rate this 5 stars = I Love It because we are weekend gourmet cooks who throw dinner parties at least three times a month with foods like ribs, oysters, and lamb.

My family started on the AutoImmune Paleo diet recently, which had me searching for some new cookbooks and inspiration. I found a couple, and my friend who started AIP at the same time found Nourish and recommended it. I've cooked several recipes out of two of the books we bought. Judging by the recipes I've made already, this cookbook provides delicious and easily-prepared dishes. One caveat: We are used to cooking from scratch due to food allergies, so folks who aren't

used to cooking at all and who don't have a stocked pantry will need to get comfortable in the kitchen and also do a bit of shopping until they've got the hang of items to keep on hand. As we were eating gluten-free and paleo already, I thought we'd step into AIP a little more easily. It was a bit painful, but we've made it finally. My daughter and I are already seeing the health benefits of AIP, so we're happy to find more AIP recipes. We have to substitute a few things due to food allergies, but we've found that very doable. Very happy with this cookbook and the recipes we've tried so far and very happy that my friend recommended it to us. I think The Healing Cookbook and the Nourish cookbook are our favorites AIP cookbooks so far. (So far between the two, it's a tie as to which one we like the best.) I'm also hoping for good recipes from Trescott's AIP cookbook, although we haven't cooked out of that book yet.

Love this recipe book! We do not eat grains (100% grain-free to include "gluten free"). Humans were never intended to ingest grains .... so we eat a biologically appropriate diet, the Paleo diet or 'hunter-gatherer' diet (strictly vegetables, fish, poultry, lean meat, fruits, some raw dairy). Never felt better these past few years. Leaner, stronger and more energy than ever! This book is so informative and will enlighten everyone as to why Paleo is better and how grains contribute to obesity, auto-immune disease and other chronic illnesses.

I love this book! Every recipe I have made is amazing. Plus, my kids love the food! I love finding new ways to add vegetables into my diet and eat nourishing foods at the same time. Looking forward toward making new recipes from here.

After being on AIP for over a year, I finally found a cookbook worth buying! Her sauces and side are perfection! The only thing I wish it included was whether the recipes were freezer-friendly. There are a few typos/recipes that forget to put an ingredient from the list in the instruction portion, but it wasn't too hard to figure out. The book is so beautiful that I have it displayed on my kitchen counter too :)

Beautiful book with great AIP recipes. mouthwatering photos are just what you need when you're beginning your AIP journey and feeling vulnerable about all you are giving up. This book will show you that it doesn't feel that way for very long, because there are still so many delicious foods you CAN eat!

I love this book! I am new to the AIP diet and have been having trouble finding recipes that I can follow. Most cookbooks are regular Paleo or Auto-immune but use obscure foods I know I'll never get, use or eat. If you have to follow a AIP diet, or are just looking for something different, this is a great cookbook! EVERYTHING I have tried so far is delicious! I LOVE the breakfast "Oatmeal" for dinner with chicken. The wings are delicious, and I've found it's better to use fresh Mango as opposed to frozen Mango for a stronger flavor. I love lemon, so the Summer Squash soup was the first recipe I tried. Fantastic! It is also good chilled, wonderful for summer. Anyway, for anyone following an AIP diet, I cannot recommend this cookbook enough!

I bought this for my Mom (she has an immune deficiency disorder) after doing some research and came across the Authors name and then looked into her cooking books. Saw this was coming out so I pre-ordered. My Mom has tried almost all the recipes, loved them, and she feels great!

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