

The Paleo Solution Review

Yeah, reviewing a books **The Paleo Solution Review** could be credited with your near associates listings. This is just one of the solutions for you to be successful. As understood, achievement does not recommend that you have extraordinary points.

Comprehending as capably as arrangement even more than extra will have the funds for each success. next-door to, the pronouncement as without difficulty as perception of this The Paleo Solution Review can be taken as without difficulty as picked to act.



The Skinny Gut Diet Victory Belt Publishing

Presents a collection of paleo diet recipes, including smoky stuffed sweet peppers, roast chicken with saffron and lemon, and spice-rubbed salmon with mushroom-apple pan sauce.

Victory Belt Publishing

In "Wired to Eat" Robb Wolf espouses the benefits not only of the Paleo diet, but also of maintaining a healthy life in a much broader sense in his long-awaited sequel to "The Paleo Solution." This FastReads Analysis offers supplementary material to "Wired to Eat" to help you learn the basic tenets of the science behind the paleo solution. Please note this summary does not include the specifics of the diet, but distills the key takeaways and provides an editorial review of the book as a whole. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, FastReads Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this FastReads Analysis Include? An executive summary of the original book Editorial Review Key takeaways & analysis from each section Brief chapter by chapter summaries A short bio of the the author Original Book Summary Overview In this sequel to "The Paleo Solution," Robb Wolf goes a step further to integrate the basic principles learned in the older work in a new holistic lifestyle. "Wired to Eat" is a work founded on a more robust desire to eat, live and feel great. This book is for the person who does not want to be bothered with the strictness of diets but needs a lively and sustainable way of making lifestyle changes. It will appeal to the health enthusiast, the person in a sensitive medical stage, and the general reader. BEFORE YOU BUY: The purpose of this FastReads Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). FastReads has pulled out the essence-but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, "Wired to Eat." PLEASE NOTE: This is a summary, analysis and review of the book and not the original book.

Perfect Health Diet Simon and Schuster

Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's and a host of other illnesses? The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best. Written by Robb Wolf, a research biochemist who traded in his lab coat and pocket protector for a whistle and a stopwatch to become one of the most sought after strength and conditioning coaches in the world. With Robb's unique perspective as both scientist and coach you will learn how simple nutrition, exercise and lifestyle changes can radically change your appearance and health for the better.

Nom Nom Paleo Victory Belt Publishing

Do you want to lose fat and stay young, all while avoiding cancer, diabetes, heart disease, Parkinson's, Alzheimer's and a host of other illnesses? The Paleo Solution incorporates the latest, cutting edge research from genetics, biochemistry and anthropology to help you look, feel and perform your best. Written by Robb Wolf, a research biochemist who traded in his lab coat and pocket protector for a whistle and a stopwatch to become one of the most sought after strength and conditioning coaches in the world. With Robb's unique perspective as both scientist and coach you will learn how simple nutrition, exercise and lifestyle changes can radically change your appearance and health for the better.

Free The Animal: Lose Weight & Fat With The Paleo Diet Page Street Publishing

From the national bestselling author of Racing Weight, Matt Fitzgerald exposes the irrationality, half-truths, and downright impossibility of a "single right way" to eat, and reveals how to develop rational, healthy eating habits. From "The Four Hour Body," "Atkins," there are diet cults to match seemingly any mood and personality type. Everywhere we turn, someone is preaching the "One True Way" to eat for maximum health. Paleo Diet advocates tell us that all foods less than 12,000 years old are the enemy. Low-carb gurus demonize carbs, then there are the low-fat prophets. But they agree on one thing: there is only one true way to eat for maximum health. The first clue that that is a fallacy is the sheer variety of diets advocated. Indeed, while all of these competing views claim to be backed by "science," a good look at actual nutritional science itself suggests that it is impossible to identify a single best way to eat. Fitzgerald advocates an agnostic, rational approach to eating habits, based on one's own habits, lifestyle, and genetics/body type. Many professional athletes already practice this "Good Enough" diet, and now we can too and ditch the brainwashing of these diet cults for good.

Paleo Solution, 2nd Edition Rodale

Nourishing and innovative paleo recipes to delight your family, impress your guests, and inspire your culinary talents while improving your health • Includes more than 150 primal recipes, with more than 20 options for every meal of the day, including snacks and dessert • Offers step-by-step advice to eliminate unhealthy carbohydrates and optimize daily protein and healthful fat intake • Each

recipe is free of grains, gluten, sugar, chemicals, antibiotics, and hormones • Companion cookbook to Primal Body, Primal Mind (29,000 sold since June 2011) Improve your health, boost your energy levels, increase your brain power, live longer, and even save money on your grocery bills with 150 budget-conscious paleo diet recipes from gourmet chef Pauli Halstead. These easy-to-follow recipes provide more than 20 choices for every meal of the day--even desserts and snacks--and all are free of grains, gluten, sugar, chemicals, antibiotics, and hormones. More than just a cookbook, Primal Cuisine also explains the dietary theory behind the primal lifestyle. Chef Pauli's step-by-step advice to eliminate unhealthy carbohydrates and optimize protein and healthful fat intake demonstrates how the foods of our ancestors--such as wild-caught fish, grass-fed meats, and organic vegetables, nuts, seeds, and berries--are still the best choice when it comes to improving your physical and mental health. From Mardi Gras Crab Cakes with Creole Remoulade to Beef Carpaccio Salad, from comfort foods like Sunday Roast Chicken with Herb Butter to completely sugar-free desserts like Lemon Cheesecake with Berries, this companion to the bestselling Primal Body, Primal Mind opens the door to a sustainable primal lifestyle of health, energy, mental focus, and long life using innovative recipes to delight your family, impress your guests, and inspire your culinary talents.

Paleo Approach Createspace Independent Publishing Platform

An effective and practical program based on the Paleo lifestyle, customized to fit your needs! As the Paleo movement sweeps the nation, the health benefits of following the lifestyle of our hunter-gatherer forebears are undeniable. But what happens when we hit a wall and weight loss stalls, energy flags, or we're tired of restricted eating? We're not cavemen anymore, so why should we follow a strict caveman diet? In Your Personal Paleo Code, Chris Kresser uses the Paleo diet as a baseline from which you can tailor the ideal three-step program-Reset, Rebuild, Revive-to fit your lifestyle, body type, genetic blueprint, and individual needs. Kresser helps further personalize your prescription for specific health conditions, from heart disease and high blood pressure to thyroid disorders and digestive problems. Along with a 7-day meal plan and delectable, nutritious recipes, Your Personal Paleo Code offers natural solutions and an avalanche of groundbreaking advice on how to restore a healthy gut and immune system; how to eliminate toxins; which fats to eat liberally; how to choose the healthiest proteins; and much more. Best of all, you only have to follow the program 80% of the time; there's room to indulge in moderation while still experiencing dramatic results. Based on cutting-edge scientific research, Your Personal Paleo Code is designed to be flexible and user-friendly, with helpful charts, quizzes, and effective action steps to help you lose weight, reverse disease, and stay fit and healthy for life.

Paleofantasy: What Evolution Really Tells Us about Sex, Diet, and How We Live Simon and Schuster

If you want to look good, perform at your peak and be in tip-top shape, you must choose smart fuel for your body, not the processed "food" found on the shelves of every supermarket. Many have turned to Paleo and a low carb way of life to avoid the effects of these food impostors we were never designed to eat. Low carb diets, however, can leave you feeling as though you don't have enough gas in the tank. Low carbs need to be smart carbs. Lucky for us, nature has given us the nutritious, delicious sweet potato. This super food gives all the benefits of other high energy foods with more nutrition and without spiking blood sugar. Plus, this humble tuber tastes great and is easily incorporated into your diet in seriously good ways. Sweet Potato Power gives you the tools to run your own tests to determine the diet rules that work specifically for you and your unique biology. Through self experimentation you can cut through diet mumbo jumbo, and let science and your numbers speak for themselves to answer questions such as: How many carbs should I eat to make me look, feel and perform at my best? What foods spike my blood sugar the most and make me fat? How do I eliminate craving? How can I avoid mental fogs and post-lunch energy slumps? How can I optimize my carbs with my athletic pursuits? How can I get fit without getting fat? What exercise is best for my body? How can my kids become the most delightful version of themselves? How can my doctor be a well-care provider instead of a sick-care provider? Understanding a bit of science and incorporating new tools in your arsenal will make you an active participant in your health. Applying what you learn brings you closer to the ideal version of you. All of this and easy sweet potato recipes so you can incorporate this power food into your everyday life—making Sweet Potato Power a force to be reckoned with!

Sweet Potato Power Victory Belt Publishing

Adapts the author's nutritional program to the needs of athletes in a diet based on natural selection and evolution that promotes weight loss, normalizes blood cholesterol, increases energy levels, and enhances overall fitness.

The Complete Idiot's Guide to Eating Paleo Victory Belt Publishing

A New York Times cookbook best-seller. Nom Nom Paleo is a visual feast, crackling with humor and packed with stunningly photographed step-by-step recipes free of gluten, soy, and added sugar. Designed to inspire the whole family to chow down on healthy, home-cooked meals, this cookbook compiles over 100 foolproof paleo recipes that demonstrate how fun and flavorful cooking with wholesome ingredients can be. And did we mention the cartoons? Nom Nom Paleo kicks off with a fresh introduction to Paleo eating, taking readers on a guided tour of author Michelle Tam's real-food strategies for stocking the kitchen, saving time, and maximizing flavors while maintaining a Paleo lifestyle. Also, sprinkled throughout the book are enlightening features on feeding kids, packing nutritious lunches, boosting umami, and much more. But the heart of this book are Michelle's award-winning primal Paleo recipes, 50 percent of which are brand-new --- even to diehard fans who own her bestselling iPad cookbook app.

Readers can start by marrying their favorite ingredients with building blocks like Sriracha Mayonnaise, Louisiana Remoulade, and the infamous Magic Mushroom Powder. These basic recipes lay the foundation for many of the fabulous delights in the rest of the book including Eggplant "Ricotta" Stacks, Crab Louie, and Devils on Horseback. There's something for everyone in this cookbook, from small bites like Apple Chips and Kabalagala (Ugandan plantain fritters) to family-sized platters of Coconut Pineapple "Rice" and Siu Yoke (crispy roast pork belly). Crave exotic spices? You won't be able to resist the fragrant aromas of Fast Pho or Mulligatawny Soup. In the mood for down-home comforts? Make some Yankee Pot Roast or Chicken Nuggets drizzled with Lemon Honey Sauce. When a quick weeknight meal is in order, Nom Nom Paleo can show you how to make Crispy Smashed Chicken or Whole-Roasted Branzini in less than 30 minutes. And for a cold treat on a hot day, nothing beats Paleo-diet-friendly Mocha Popsicles or a two-minute Strawberry Banana Ice Cream. Eating healthy doesn't mean sacrificing flavor. This book gives you "Paleo with personality," and will make you excited to play in the kitchen again.

[The Paleo Diet for Athletes](#) No Fluff Publishing

We live in an era of health hype and nutrition propaganda, and we're suffering for it. Decades of avoiding egg yolks, choosing margarine over butter, and replacing the real foods of our ancestors with low-fat, processed, packaged substitutes have left us with an obesity epidemic, ever-rising rates of chronic disease, and, above all, total confusion about what to eat and why. This is a tragedy of misinformation, food industry shenanigans, and cheap calories disguised as health food. It turns out that everything we've been told about how to eat is wrong. Fat and cholesterol are harmful to your health? Nope—they are crucial to your health. "Whole grains" are health food? Not even close. Counting calories is the way to lose weight? Not gonna work—nutrients are what matter. Nutrition can come from a box, bag, or capsule? Don't count on it! In *Eat the Yolks*, Liz Wolfe debunks all these myths and more, revealing what's behind the lies and bringing the truth about fat, cholesterol, protein, and carbs to light. You'll be amazed at the tall tales we've been told in the name of "healthy eating." With wit and grace, Wolfe makes a compelling argument for a diet based on Paleo foods. She takes us back to the foods of our ancestors, combining the lessons of history with those of modern science to uncover why real, whole food—the kind humans ate for thousands of years before modern nutrition dogma led us astray—holds the key to amazing health and happy taste buds. In *Eat the Yolks*, Liz Wolfe doesn't just make a case for eating the whole egg. She uncovers the shocking lies we've been told about fat, cholesterol, protein, carbs, and calories and brings us the truth about which foods are healthy—and which foods are really harming us. You'll learn truths like: - fat and cholesterol are crucial, not harmful. . . . and why - "whole grains" are processed foods. . . . and what to eat instead - counting calories is a waste of energy. . . . and what we actually should be tracking - all animal products are not created equal. . . . and which ones we truly need - nutrition doesn't come in a box, bag, or capsule. . . . and why there's no substitute for real food!

[The Paleo Diet](#) Houghton Mifflin Harcourt

How to take the Paleo Diet to the max for optimal weight loss and total health—from bestselling author and top Paleo expert Dr. Loren Cordain. Dr. Loren Cordain's best-selling *The Paleo Diet* and *The Paleo Diet Cookbook* have helped hundreds of thousands of people eat for better health and weight loss by following the diet humans were genetically designed to eat: meats, fish, fresh fruits, vegetables, nuts and other foods that mimic the diet of our Paleolithic ancestors. In *The Paleo Answer*, he shows you how to supercharge the Paleo Diet for optimal lifelong health and weight loss. Featuring a new prescriptive 7-day plan and surprising revelations from the author's original research, this is the most powerful Paleo guide yet. - Based on the author's groundbreaking research on Paleolithic diet and lifestyle - Includes a new 7-day plan with recommended meals, exercise routines, lifestyle tips, and supplement recommendations - Reveals fascinating findings from the author's research over the last decade, such as why vegan and vegetarian diets are not healthy and why dairy, soy products, potatoes, and grains can be harmful to our health - Includes health and weight-loss advice for all Paleo dieters—women, men, and people of all ages—and is invaluable for CrossFitters and other athletes - Written by Dr. Loren Cordain, the world's leading expert on Paleolithic eating styles internationally regarded as the founder of the Paleo movement Whether you've been following a Paleo-friendly diet and want to take it to the next level or are just discovering the benefits of going Paleo, this book will help you follow the Paleo path to the fullest—for lifelong health, increased energy, better sleep, lower stress and weight loss.

[Paleo Slow Cooker](#) Little, Brown Spark

Twelve-time New York Times bestselling author Mark Hyman, MD, presents his unique Pegan diet—including meal plans, recipes, and shopping lists. For decades, the diet wars have pitted advocates for the low-carb, high-fat paleo diet against advocates of the exclusively plant-based vegan diet and dozens of other diets leaving most of us bewildered and confused. For those of us on the sidelines, trying to figure out which approach is best has been nearly impossible—both extreme diets have unique benefits and drawbacks. But how can it be, we've asked desperately, that our only options are bacon and butter three times a day or endless kale salads? How do we eat to reverse disease, optimal health, longevity and performance. How do we eat to reverse climate change? There must be a better way! Fortunately, there is. With *The Pegan Diet's* food-is-medicine approach, Mark Hyman explains how to take the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) and combine them with the vegan diet (lots and lots of fresh, healthy veggies) to create a delicious diet that is not only good for your brain and your body, but also good for the planet. Featuring thirty recipes and plenty of infographics illustrating the concepts, *The Pegan Diet* offers a balanced and easy-to-follow approach to eating that will help you get, and stay, fit, healthy, focused, and happy—for life.

[Paleo Slow Cooking](#) Andrews McMeel Publishing

Our great-grandmothers didn't need nutrition lessons—then again, they weren't forced to wade through aisle after

aisle of packaged foods touting outlandish health claims and confusing marketing jargon. Over the last few decades, we've forgotten what "real food" is—and we're left desperately seeking foods that will truly nourish our bodies. We're disillusioned with the "conventional wisdom" for good reason—it's gotten us nowhere. Achieving optimal health without calorie-counting, diet foods, or feelings of deprivation has never been easier. Practical Paleo explains why avoiding both processed foods and foods marketed as "healthy"—like grains, legumes, and pasteurized dairy—will improve how you look and feel and lead to lasting weight loss. Even better—you may reduce or completely eliminate symptoms associated with common health disorders! Practical Paleo is jam-packed with over 120 easy recipes, all with special notes about common food allergens including nightshades and FODMAPs. Meal plans are also included, and are designed specifically to support: immune health (autoimmune conditions) blood sugar regulation (diabetes 1 & 2, hypoglycemia) digestive health (leaky gut, IBS & IBD) multiple sclerosis, fibromyalgia, and chronic fatigue syndromethyroid health (hypo and hyper - Hashimotos, Graves) heart health (cholesterol & blood pressure) neurological health (Parkinson's & Alzheimer's) cancer recovery fat loss athletic performance a "squeaky-clean" Paleo approach Practical Paleo is the resource you'll reach for again and again, whether you're looking for information on healthy living, delicious recipes, or easy-to-understand answers to your questions about how a Paleo lifestyle can benefit you, your family, and your friends.

[Paleo Principles](#) Victory Belt Publishing

NEW YORK TIMES BESTSELLER • Lose weight safely and easily while spending less time in the kitchen with Dr. Kellyann's iconic bone broth diet plan, now revised and updated with new chapters and more recipes. "Empowering, user-friendly information supported by the most forward-thinking scientific research available." —David Perlmutter, MD, #1 New York Times bestselling author of *Grain Brain* As a naturopathic physician and weight-loss specialist, Dr. Kellyann Petrucci has helped thousands of patients achieve spectacular weight loss and more youthful-looking skin through her bone broth diet. Packed with fat-burning nutrients, skin-tightening collagen components, and gut-healing and anti-inflammatory properties, bone broth is the key to looking and feeling younger than ever before. In just twenty-one days, you, too, can unlock these miraculous results with Dr. Kellyann's delicious bone broth recipes and groundbreaking mini-fasting plan. In this updated edition, Dr. Kellyann shares new 80/20 recipes for added post-diet flexibility, maintaining the diet template for 80% of your meals while allowing non-diet foods for the other 20%. Along with new research on the benefits of a low-carb diet and fasting, she also shares her best tips for looking beautiful from the inside out and lifestyle advice for staying healthy and vibrant long after you have finished the diet. You'll learn the science of why bone broth works and how to lose weight safely and easily—cravings and hunger pains not included. The simple and tasty recipes for beef, turkey, chicken, and fish bone broths are loaded with flavor and nutrients. Unlike other diet plans that involve serious preparation and cooking, the bone broth diet allows you to spend less time in the kitchen and more time enjoying your newfound vibrancy. With easy fitness routines and mindful meditation exercises, Dr. Kellyann's Bone Broth Diet is your key to a healthier, happier, slimmer, and younger life.

[Diet Cults: The Surprising Fallacy at the Core of Nutrition Fads and a Guide to Healthy Eating for the Rest of Us](#) Houghton Mifflin Harcourt

Presents a guide for women on how to promote personal health and fitness by embracing the diet of ancient-world ancestors and avoiding modern and processed foods, sharing advice on how to provide for the needs of busy schedules and growing families.

[AARP The Paleo Diet Cookbook](#) Victory Belt Publishing

IS HEALTHFUL EATING WEIGHING YOU DOWN? Sticking to a diet can be difficult, but preparing healthful and delicious dishes doesn't need to be. The Paleo diet just got easier with the help of *Paleo Slow Cooker: 75 Easy, Healthy, and Delicious Gluten-Free Paleo Slow Cooker Recipes for a Paleo Diet*. • 75 Paleo-friendly slow cooker recipes offer delicious Paleo breakfasts, Paleo stews, Paleo breads, Paleo desserts, and Paleo meat and vegetarian entrees. • Gluten-free Paleo recipes include slow cooker favorites, such as Slow Cooker Paleo Pot Roast, Buffalo-Style Shredded Pork Wraps, Slow Cooker Banana Bread, Mediterranean Beef Stew, and Sweet Potato and Chicken-Sausage Hash. • Learn dozens of tips for Paleo slow cooking and the benefits of living a Paleo and gluten-free lifestyle. John Chatham, best-selling author of *The Paleo Diet Solution* and *The Paleo Cookbook*, believes that eating healthfully doesn't mean preparing bland, time-consuming meals, which is why Chatham's latest series of best-selling cookbooks include easy and delicious recipes for Paleo Bread, Paleo Cookies, Paleo Muffins, and now Paleo slow cooking. Supplying helpful tips for successfully living and cooking Paleo and gluten-free, *Paleo Slow Cooker* explains the basics of the Paleo diet, and the benefits and health problems associated with gluten. *Paleo Slow Cooker: 75 Easy, Healthy, and Delicious Gluten-Free Paleo Slow Cooker Recipes for a Paleo Diet* is a concise guide to embracing the Paleo lifestyle. Lose weight; decrease your odds of diabetes, hypertension, heart disease, cancer, and osteoporosis; and enjoy a delicious diet. *Paleo Slow Cooker* offers a tasty and healthful path to living on a gluten-free, wheat-free Paleo diet.

[The Paleo Cardiologist](#) Houghton Mifflin Harcourt

Real Life Paleo takes a practical approach to going Paleo with three simple steps that Stacy Toth and Matt McCarry, creators of the popular blog Paleo Parents, used to lose a combined 200 pounds and improve the health of their whole family. The "Swap, Remove, Heal" method is easy for anyone to follow, no matter where you are in your journey: first, swap healthier versions of packaged foods for ones full of processed, damaging ingredients; then remove unhealthy foods entirely; and finally, add healing, nutritious foods to your diet. Stacy and Matt also provide you with all the tools you need to make the switch to a Paleo lifestyle for good: • Over 175 delicious recipes: With so many Paleo-friendly recipes, figuring out what to eat will never be a problem. Plus, the meal plans and menu ideas help you turn individual recipes into balanced meals. There are even holiday menu ideas to help you plan for special occasions and on-the-go snack ideas, so that last-minute meal before you have to rush out the door can be a healthy one. • Handy how-to section: With practical tips aimed at real-life solutions to common concerns, the how-tos make it easy to replace allergens in recipes, find substitutes for unhealthy staples such as pasta and bread, and make everyday cooking quick, easy, and affordable. • Guides to long-term success: Informative guides to swapping out foods, adding nutrient-dense and healing foods, ordering in a restaurant, stocking a Paleo pantry, and much more help you stick with your new Paleo lifestyle, while shopping lists make going to the grocery store fast and easy. • Recipe indexes: Looking for a dish you can make in under 30 minutes? Or one-pan recipes?

Maybe a recipe with fewer than five ingredients? You ' re covered with the recipe indexes. Real Life Paleo will give you the confidence and tools to set your table with delicious and healthy foods to nourish those you love.

Beyond Bacon Callisto Media Inc

Although eating a paleo diet (no gluten, grains, dairy, or legumes) has proven to be highly effective in shedding unwanted weight and improving overall health, many find preparing and cooking real-food meals on a daily basis difficult to manage. Let's face it, prepping and cooking meals, as well as cleaning multiple pots and pans, can take a lot of time from your already hectic schedule. Not to mention the difficulties in making healthy food taste delicious. Enter the slow cooker, an easy-to-use devise that allows you to enjoy a wonderful, home-cooked meal without slaving for hours in the kitchen. In Paleo Slow Cooking, Chrissy Gower shows you that cooking real food using a variety of vegetables, clean cuts of meat, and healthy fats does not have to be a complicated, boring, or time-consuming endeavor. In this real-food-made-easy guide, Gower teaches you how to prepare full-course paleo/primal entrees, soups, stews, breakfast dishes, and desserts. To make every meal more enjoyable, Gower also includes several quick and easy side dishes to go with your slow cooker meals. Paleo Slow Cooking is sure to win the hearts of every time-crunched individual or family that yearns to eat a healthier diet. Eating paleo has never been so easy or tasted so good!

Practical Paleo Victory Belt Publishing

Beyond Bacon pays homage to the humble hog by teaching you how to make more than a hundred recipes featuring cuts from the entire animal. While bacon might be the most popular part of the pig for those following the paleo diet, there is a plethora of other delicious and nutrient dense cuts to enjoy. Pastured pork is rich in Omega 3 fatty acids and conjugated linoleic acid (CLA), the "good fats" our doctors want us to eat. Beyond Bacon breaks the myths behind this often eschewed meat and shows you how create delectable dishes that are grain-, legume-, dairy-, and refined sugar-free. Beyond Bacon allows you to improve your health and the environment by focusing on sustainable swine. Don't let the dried out pork of your youth scare you away. All the recipes in Beyond Bacon are elegant yet approachable, making it the ultimate cookbook for the foodie in you. You ' ll find: Grain-free Pie Crust, made with lard, Perfect Pork Chops, better than most restaurant steaks, Swedish Meatballs with liver gravy, Pho Soup with chitterling "noodles", instructions on how to properly BBQ and make your own sauces, and a guide to rendering your own CLA-rich lard and how to cook with it. Beyond Bacon delivers mouth-watering photos for each delicious recipe. With a rustic aesthetic and appreciation for tradition, Beyond Bacon recreates the rich and wonderful food perfected generations ago in a healthful way.