



Well Fed 2: More Paleo Recipes for People Who Love to Eat

Melissa Joulwan, David Humphreys

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Well Fed 2: More Paleo Recipes For People Who Love To Eat is the follow-up to the deliciously popular *Well Fed* -- by "The Clothes Make The Girl" blogger Melissa Joulwan -- and it's packed with even more internationally-inspired recipes, mouth-watering photos, and easy meal ideas.

All 200 recipes and Quick Meal ideas in *Well Fed 2* are made with zero grains, legumes, soy, sugar, dairy, and alcohol -- without sacrificing fun and flavor. The recipes are easy to prepare and were tested extensively so they work every time -- and so you don't have to spend all your free time in the kitchen.

Includes 200 recipes, variations, and Quick Meal ideas

Well Fed 2 includes 110 original recipes, plus 45 of Melissa's popular "You Know How You Could Do That" variations. You'll also find 44 Quick Meal ideas (no recipe required!) and tips for turning individual dishes into multi-course meals.

More than recipes

The book opens with information to help readers manage their relationship with food, including ways to identify emotional appetite versus true hunger, 30 reasons to do a Whole30, tips for socializing while keeping good habits, and a call to action to develop the best version of themselves.

International cuisine made healthier

Paleo can seem restrictive, so a broad array of international recipes have been paleo-ized for delicious flavor without sacrificing good nutrition, including Deconstructed Gyro, Thai Basil Beef, Chinese Five-Spice Pork Ribs, Lemon Lamb Tagine, Tod Mun Chicken Cakes, Belly Dance Beet Salad, Garlic Creamed Spinach, Sesame Cucumber Noodles, and even Banana Pecan Ice Cream.

Burgers, Balls & Bangers

Inspired by international sausage flavors, these 15 meatball recipes can also be shaped into patties or sausages, then grilled, baked, or pan-fried. It's exponential meat goodness!

Quick Meals

Ideas for meals and snacks that don't require a recipe, but add zing to everyday eating for paleo newbies and veterans.

AIP Adaptations

More than 100 of the recipes and Quick Meal ideas in *Well Fed 2* can easily and tastily be modified to comply with the autoimmune protocol of paleo. The book includes detailed instructions for adapting the recipes for people who need to take extra care.

Whole30 Approved

All of the recipes are approved for use during a Whole30 (whole9life.com/category/whole-30) except the Sweet Potato "Waffle" and the Banana Pecan Ice Cream.

Global Alliance for Clean Cookstoves

The PDF version of the book is available for \$1 to everyone who buys a printed copy. Those dollars will be donated to the Global Alliance for Clean Cookstoves, an organization devoted to getting clean cooking

methods into the kitchens of developing countries.

Well Fed 2 proves that the Paleo diet -- too often defined by what you give up -- is really about what you gain: good health, a light heart, and memorable meals to share with the people you love.

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