



Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle

By Caitlin Weeks NC, Chef Nabil Boumrap, Diane Sanfilippo BS NC

[Download now](#)

[Read Online](#) 

Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle

By Caitlin Weeks NC, Chef Nabil Boumrap, Diane Sanfilippo BS NC

Many people assume that eating better—whether to lose weight, alleviate health problems, or simply improve how they feel—means eating low-fat, boring, and tasteless food. Professional chef Nabil Boumrap and Certified Nutrition Consultant Caitlin Weeks blow that myth out of the water with their vibrant and healthy coastal cuisine.

Mediterranean Paleo Cooking showcases a wide variety of creative recipes that are Paleo-friendly—no gluten, grains, inflammatory oils, dairy, or refined sweeteners. These flavorful dishes combine traditional food from southern Europe, North Africa, and the Middle East with the healthful principles of a Paleo diet. With over 150 recipes, two 30-day meal plans (one for general health and one for those following an autoimmune protocol), shopping lists, cooking tips, and more, *Mediterranean Paleo Cooking* helps readers become better cooks and more informed eaters. But more importantly, it turns healthy eating into delicious eating with enticing Mediterranean meals that every foodie will enjoy.

- Over 150 Paleo-friendly recipes inspired by the relaxed coastal attitude and ingredients of the Mediterranean - all gluten-free, grain-free, refined sugar-free, and dairy-free.
- Chef's tips from Nabil help you learn as you go, with advice on cooking and techniques for Mediterranean ingredients
- Nutritionist's tips from Caitlin to educate you on the health benefits of Mediterranean foods
- Familiar, comfort-food favorites are modified for a Paleo lifestyle, including pizza, pasta, rice, biscuits, and brownies
- Mediterranean recipe favorites, recreated including: falafel, pita bread, moussaka, hummus, and biscotti cookies.
- Recipe/ingredient notes and swaps for those who have food allergies (including to eggs and nuts) as well as for those following a low FODMAP diet, lower carbohydrate diet, SCD or GAPS diet, or the autoimmune protocol
- Two 30-day meal plans to help you jump-start your Paleo lifestyle: for general

health or to follow an autoimmune protocol

- six different menu plans perfect for a weeknight dinner party or special occasion (including one that is 100% AIP compliant or is easily modified to be so with notes on the recipes)
- 18 guilt-free desserts with no refined sugar
- Shopping lists and an optimal food buying guide make it easy to find the right ingredients

 [Download Mediterranean Paleo Cooking: Over 150 Fresh Coasta ...pdf](#)

 [Read Online Mediterranean Paleo Cooking: Over 150 Fresh Coas ...pdf](#)

Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle

By Caitlin Weeks NC, Chef Nabil Boumrar, Diane Sanfilippo BS NC

Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle

By Caitlin Weeks NC, Chef Nabil Boumrar, Diane Sanfilippo BS NC

Many people assume that eating better—whether to lose weight, alleviate health problems, or simply improve how they feel—means eating low-fat, boring, and tasteless food. Professional chef Nabil Boumrar and Certified Nutrition Consultant Caitlin Weeks blow that myth out of the water with their vibrant and healthy coastal cuisine.

Mediterranean Paleo Cooking showcases a wide variety of creative recipes that are Paleo-friendly—no gluten, grains, inflammatory oils, dairy, or refined sweeteners. These flavorful dishes combine traditional food from southern Europe, North Africa, and the Middle East with the healthful principles of a Paleo diet. With over 150 recipes, two 30-day meal plans (one for general health and one for those following an autoimmune protocol), shopping lists, cooking tips, and more, ***Mediterranean Paleo Cooking*** helps readers become better cooks and more informed eaters. But more importantly, it turns healthy eating into delicious eating with enticing Mediterranean meals that every foodie will enjoy.

- Over 150 Paleo-friendly recipes inspired by the relaxed coastal attitude and ingredients of the Mediterranean - all gluten-free, grain-free, refined sugar-free, and dairy-free.
- Chef's tips from Nabil help you learn as you go, with advice on cooking and techniques for Mediterranean ingredients
- Nutritionist's tips from Caitlin to educate you on the health benefits of Mediterranean foods
- Familiar, comfort-food favorites are modified for a Paleo lifestyle, including pizza, pasta, rice, biscuits, and brownies
- Mediterranean recipe favorites, recreated including: falafel, pita bread, moussaka, hummus, and biscotti cookies.
- Recipe/ingredient notes and swaps for those who have food allergies (including to eggs and nuts) as well as for those following a low FODMAP diet, lower carbohydrate diet, SCD or GAPS diet, or the autoimmune protocol
- Two 30-day meal plans to help you jump-start your Paleo lifestyle: for general health or to follow an autoimmune protocol
- six different menu plans perfect for a weeknight dinner party or special occasion (including one that is 100% AIP compliant or is easily modified to be so with notes on the recipes)
- 18 guilt-free desserts with no refined sugar
- Shopping lists and an optimal food buying guide make it easy to find the right ingredients

Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle

By Caitlin Weeks NC, Chef Nabil Boumrar, Diane Sanfilippo BS NC **Bibliography**

- Sales Rank: #53867 in Books
- Published on: 2014-10-28

- Released on: 2014-10-28
- Original language: English
- Number of items: 1
- Dimensions: 10.88" h x 1.00" w x 8.50" l, .0 pounds
- Binding: Paperback
- 432 pages

 [Download Mediterranean Paleo Cooking: Over 150 Fresh Coasta ...pdf](#)

 [Read Online Mediterranean Paleo Cooking: Over 150 Fresh Coas ...pdf](#)

Download and Read Free Online Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle By Caitlin Weeks NC, Chef Nabil Boumrar, Diane Sanfilippo BS NC

Editorial Review

Review

“Mediterranean Paleo Cooking has filled a huge void in the Paleo cookbook market. The approachable recipes and sunny food photography are sure to inspire folks to prepare exotic feasts filled with crispy falafels, spicy tagine, and grilled kebabs. Caitlin, Nabil, and Diane have poured their hearts and souls into this beautiful cookbook and it shows on every page.” (Michelle Tam *New York Times* bestselling author of *Nom Nom Paleo: Food for Humans*)

“This book is loaded with color, flavor, and style. If you’re tired of the typical Paleo fare, Mediterranean Paleo Cooking is sure to renew your passion in the kitchen. What’s more, it caters to a variety of specific needs—like low-carb, autoimmune, and GAPS—so you can enjoy fresh new dishes without sacrificing your health goals. This is an absolute must-have cookbook.” (Chris Kresser, LAc *New York Times* bestselling author of *Your Personal Paleo Code*)

“If you’re feeling the need to shake it up in the kitchen, Mediterranean Paleo Cooking is the answer! It reimagines coastal classics to be grain-free and Paleo-friendly, and the bold spices and rich broths will reinvigorate your Paleo plate and get you excited to try something new.” (Danielle Walker *New York Times* bestselling author of *Against All Grain and Meals Made Simple*)

“Mediterranean Paleo Cooking is truly a masterpiece, with exquisite recipes bursting with authentic flavors. The accessibility of this book is unsurpassed, with recipe labels and innovative modifications to accommodate those following the autoimmune protocol, low-FODMAP, low-carb, SCD, GAPS, nut-free, and egg-free Paleo diets.” (Sarah Ballantyne, PhD *New York Times* bestselling author of *The Paleo Approach* and *The Paleo Approach Cookbook*)

"Mediterranean Paleo Cooking brings together a beautifully crafted book that's 3 parts cookbook with 1 part functional Paleo guide, with a dash of meal planning. Caitlin and Nabil have created something not only beautiful and tasty, but also pragmatic. Much like the diversity of cultures and cuisines in the Mediterranean region, this book contains a wonderful blend of dishes that dance across each vibrant page. If you're looking for a more tailored approach to Paleo with some seriously amped up meals, then this book is your one way ticket to exciting new flavors and exotic cuisines." (Hayley Mason & Bill Staley, bestselling authors of "Make it Paleo," "Gather," and "The 30 Day Guide to Paleo Cooking")

About the Author

Caitlin Weeks is a Certified Nutrition Consultant who works with clients and writes about holistic health and Paleo nutrition for her popular health blog, Grass Fed Girl. Caitlin lives with her husband, Nabil, and is based in San Francisco and Nashville, TN.

Nabil Boumrar is a professional chef at a five-star international hotel in downtown San Francisco. He graduated with honors from an established culinary program where he was trained by the best chefs in Northern California. He was born in Algiers, Algeria, and in 2004 came to the United States, where he soon discovered his passion for cooking.

Diane Sanfilippo is a Certified Nutrition Consultant who specializes in blood sugar regulation and digestive health, and she teaches nutrition seminars nationwide. She is *The New York Times* bestselling author of *Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle*, *The 21-Day Sugar Detox*,

and *The 21-Day Sugar Detox Cookbook*. She writes the popular health blog *Balanced Bites* (balancedbites.com), and co-hosts a top-rated weekly health podcast on iTunes, "The Balanced Bites Podcast." Diane is also an avid CrossFitter and lives with her fiancé and their two fur kids in Northern New Jersey.

Users Review

From reader reviews:

Gerardo Whittaker:

The knowledge that you get from Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle could be the more deep you searching the information that hide inside words the more you get considering reading it. It does not mean that this book is hard to comprehend but Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle giving you enjoyment feeling of reading. The article writer conveys their point in a number of way that can be understood by simply anyone who read it because the author of this e-book is well-known enough. This particular book also makes your current vocabulary increase well. It is therefore easy to understand then can go with you, both in printed or e-book style are available. We recommend you for having that Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle instantly.

James Lightle:

This Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle are usually reliable for you who want to certainly be a successful person, why. The explanation of this Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle can be among the great books you must have will be giving you more than just simple reading food but feed a person with information that probably will shock your earlier knowledge. This book is actually handy, you can bring it everywhere and whenever your conditions in e-book and printed ones. Beside that this Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle giving you an enormous of experience like rich vocabulary, giving you trial run of critical thinking that could it useful in your day task. So , let's have it and luxuriate in reading.

Sandy Reid:

Beside this particular Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle in your phone, it could possibly give you a way to get nearer to the new knowledge or facts. The information and the knowledge you are going to got here is fresh from your oven so don't always be worry if you feel like an old people live in narrow village. It is good thing to have Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle because this book offers to you readable information. Do you often have book but you don't get what it's interesting features of. Oh come on, that won't happen if you have this with your hand. The Enjoyable arrangement here cannot be questionable, like treasuring beautiful island. Use you still want to miss the item? Find this book as well as read it from today!

Pearl Dyson:

Book is one of source of information. We can add our information from it. Not only for students but in addition native or citizen will need book to know the change information of year for you to year. As we know those ebooks have many advantages. Beside all of us add our knowledge, can also bring us to around the world. Through the book Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle we can consider more advantage. Don't one to be creative people? To be creative person must like to read a book. Just simply choose the best book that suitable with your aim. Don't be doubt to change your life at this book Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle. You can more pleasing than now.

Download and Read Online Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle By Caitlin Weeks NC, Chef Nabil Boumrar, Diane Sanfilippo BS NC #KLEA35JTZS2

Read Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle By Caitlin Weeks NC, Chef Nabil Boumrar, Diane Sanfilippo BS NC for online ebook

Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle By Caitlin Weeks NC, Chef Nabil Boumrar, Diane Sanfilippo BS NC Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle By Caitlin Weeks NC, Chef Nabil Boumrar, Diane Sanfilippo BS NC books to read online.

Online Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle By Caitlin Weeks NC, Chef Nabil Boumrar, Diane Sanfilippo BS NC ebook PDF download

Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle By Caitlin Weeks NC, Chef Nabil Boumrar, Diane Sanfilippo BS NC Doc

Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle By Caitlin Weeks NC, Chef Nabil Boumrar, Diane Sanfilippo BS NC MobiPocket

Mediterranean Paleo Cooking: Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle By Caitlin Weeks NC, Chef Nabil Boumrar, Diane Sanfilippo BS NC EPub