



## **Juli Bauer's Paleo Cookbook: Over 100 Gluten-Free Recipes to Help You Shine from Within**

*Juli Bauer*

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# Juli Bauer's Paleo Cookbook: Over 100 Gluten-Free Recipes to Help You Shine from Within

*Juli Bauer*

## **Juli Bauer's Paleo Cookbook: Over 100 Gluten-Free Recipes to Help You Shine from Within** Juli Bauer

Why eat crap food when you don't have to? Better yet, why eat healthy food that doesn't taste good? There's no need to ever do that again with *Juli Bauer's Paleo Cookbook*.

*New York Times* bestselling author of *The Paleo Kitchen* and creator of the popular website *PaleOMG*, Juli is a well-known Paleo cook who creates meals that are sure to please the whole family. And this cookbook is her best one yet! Absolutely no one will complain when you serve them delicious dishes like Breakfast Tacos, Pistachio-Crusted Lamb Chops, Moo Shu Pork, Shredded Beef Tostadas, and Layered Flourless Chocolate Cake.

We've all heard about the Paleo or "caveman" diet at this point. But for most people, the diet seems unrealistic. "You expect me not to eat cake anymore?" was Juli's first reaction. (There may have been a few curse words thrown in there, too.) For Juli, that just wasn't going to work. We all understand that cavemen didn't eat cake back in the day, but we're here in the future, and we have the ability to create Paleo-friendly cakes. So Juli ventured out to put a new spin on eating like a caveman. After two weeks of eating Paleo, she knew she was in it for the long haul. She has been eating Paleo for five years now, and she consistently gives her readers Paleo recipes that bring back childhood meal memories or just bring back the foods they love the most. There's no need to be a true, pretentious caveman if you don't have to be! We see you using Instagram over there, you modern caveman, you.

Paleo is about so much more than just food. To Juli, Paleo is what gave her the freedom to feel healthy, energetic, and enthusiastic about life. And that's exactly what she is trying to bring to everyone in her newest cookbook. She hopes not only to help you revamp your kitchen and excite your taste buds, but to help you feel confident with the new lifestyle you've taken on.

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