

## [AGAINST THE GRAIN COOKBOOK](#)



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### **Against All Grain Delectable Paleo Recipes to Eat Well**

Danielle Walker is the author and creator of the popular Paleo-food blog Against All Grain ([www.againstallgrain.com](http://www.againstallgrain.com)). Having to deal with a diagnosis of an autoimmune disease at only twenty-two years old, and unable to alleviate her symptoms with conventional medicine, she eventually came to the conclusion that she had to remove grains, lactose, legumes, and refined sugars from her diet.

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### **Danielle Walker's Against All Grain Meals Made Simple**

Food blogger and author of the New York Times best-selling cookbook, Against All Grain ([www.againstallgrain.com](http://www.againstallgrain.com)), Danielle Walker, is the new face of grain-free cooking. A self-trained chef, Danielle tempts a range of appetites with her innovative, accessible Paleo-influenced recipes that are not only healthy and delicious, but are also credited for saving her life.

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### **Against All Grain Delectable paleo recipes to eat feel**

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I was so surprised when my take-out remake Sesame-Orange Chicken from my first cookbook, Against all Grain, became such a fan favorite. We liked it when I tested it for the book, but I never expected it to become one of the most popular recipes from the book!

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### **Rice Wikipedia**

Rice is the seed of the grass species *Oryza sativa* (Asian rice) or *Oryza glaberrima* (African rice). As a cereal grain, it is the most widely consumed staple food for a large part of the world's human population, especially in Asia. It is the agricultural commodity with the third-highest worldwide production (rice, 741.5 million tonnes in 2014), after sugarcane (1.9 billion tonnes) and maize (1

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