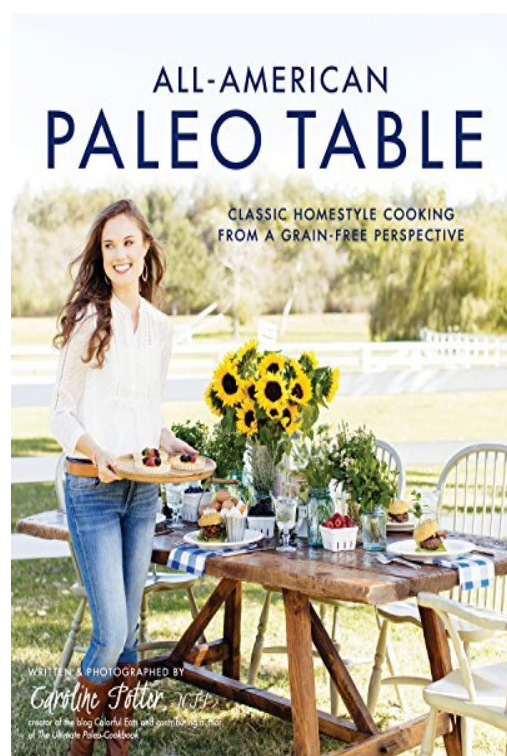


# EPUB Download All-American Paleo Table: Classic Homestyle Cooking from a Grain-Free Perspective Download Online



Author : Caroline Potter

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## Book Description

Traditional American food gets a bad rap, but it doesn't have to be unhealthy. In *All-American Paleo Table*, Caroline Potter, the blogger and nutritional therapist behind *Colorful Eats* ([colorfuleatsnutrition.com](http://colorfuleatsnutrition.com)), presents healthy, grain-gluten- and sugar-free twists on classic American dishes. Whether readers have dietary restrictions or are just looking to make healthier meals and lose weight, this book has something for them. *All-American Paleo Table* makes nutritious ingredient swaps and gets creative with technique, texture and flair. The recipes range from savory favorites like Smoked Ribs, Fried Chicken and Waffles and Sausage Stuffed Biscuits and Gravy to sweet favorites like Creamy Coffee Ice Cream, Peppermint Patties and Pumpkin Cheesecake. The large audience for *All-American Paleo Table* includes the people with both food sensitivities or restrictions and patriotic memories of food – people who need to eat healthy but don't want to sacrifice the foods that are so important to their American identity.