



Southern Paleo: Gluten-Free Recipes for Paleo Comfort Foods from a Southern Mama's Kitchen (Paperback)

By Lucy Fast

Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.You know that eating a Paleo-style diet is puts you in touch with your ancestral roots-the late night talk show hosts nicknamed it the caveman diet, after all. While you have given up most grains, dairy, sugars, and legumes in order to achieve a better sense of health and well-being, your friends and loved ones might be wondering how you get along on a day-to-day basis-especially if you (or they) are a Southerner. I mean - where is the comfort food?!? Well, it's all well and good to get in touch with your ancient roots, but how is a Southerner supposed to carry on his or her heritage of food when you can't even make a pot of beans or use any butter on this diet? I mean, can you imagine Paula Deen cooking without butter-she'd tell you flat out that ain't happenin' y'all! That's where Southern Paleo: Gluten-Free Recipes for Paleo Comfort Foods from a Southern Mama's Kitchen comes in to save the day! It's time to give a...



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