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Transitioning from conventional foods to a grain-free Paleo lifestyle can be a daunting proposition to most people. Hayley Mason and Bill Staley, authors of The Food Lovers Primal Palate, show you how easy it is to take any dish and Make it Paleo! Adapted from Chinese, French, Mexican and classic American meals, the over 200 mouthwatering recipes are each accompanied by

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I really love the make it paleo books because unlike ever other paleo cook book I have ever picked up this one does not spend half of the book convincing you paleo it the way to go. This book is almost all recipes with a few great tips and tools that are good to have in the beginning. Again love this book and if you are paleo or just looking for a grain free diet this book is a must have cook ...

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