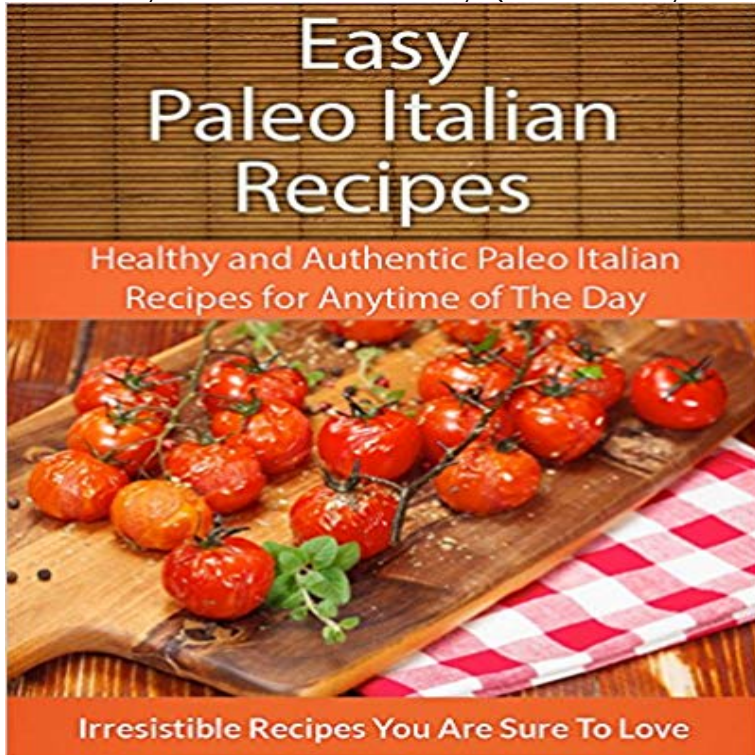


Easy Paleo Italian Recipes: Healthy and Authentic Paleo Italian Recipes for Anytime of The Day (The Easy Recipe)



Italian cuisine is some of the most beloved around the world. The rich sauces, artisan cheeses, spicy meats, and endless pastas are truly decadent, and are ideal for good times and good conversations around the dinner table with family. But for those people who choose to follow the Paleo diet to lose weight and better their health, Italian cuisine is one of the hardest to integrate. With a myriad of grain-based and cheese-based dishes two groups strictly prohibited on the Paleo diet finding dishes that meet the restrictive Paleo requirements can be difficult. But fortunately for Italian cuisine lovers on the Paleo diet, it's not impossible. There are many options in standard Italian cuisine that both taste delicious and follow Paleo guidelines, and there are many more dishes that can be slightly modified to fit, allowing you to enjoy delicious Italian foods. The Paleo diet is based on the idea that we should go back to our evolutionary roots as hunter/gatherers to recapture health and vitality. Despite a lack of medicine and technology, early man was a powerful, vital creature with few health issues. Paleo advocates contend that the health issues began to arise with the development of agriculture and the difficulty our bodies had in dealing with these new grains. The adoption of grains into the diet led to digestion issues that hindered our ability to process nutrients efficiently, leading to decreased health and more disease. The Paleo diet requires total abstinence of grains and other agriculturally developed products and instead focuses on meats, seeds, fruits, and vegetables. Since grains and any grain-based products are at the top of the forbidden list, all pastas and any dish containing bread, or breadcrumbs (which are numerous in Italian cuisine) are strictly forbidden on the Paleo diet. But pasta substitutes can easily be made from spaghetti squash, pumpkin, zucchini, and carrots, and thin sheets of pasta used for

lasagna and other stuffed delicacies can be made from cauliflower. When these substitutes are covered with tomato-based or pesto sauces, they can satisfy even the most desperate craving for pasta. Other popular dishes such as meatballs and chicken parmesan can be made without breadcrumbs, and bruschetta can be served like a salad, without the bread. It just takes a bit of awareness to avoid the grains and find acceptable substitutes, but it can be done. In This Recipe Book Youll Find:
- Easy Vegetarian Bolognese Sauce - Kale, Spinach and Prosciutto Side - Blueberry Vin Santo Sauce - Italian Mushroom Chicken - Swordfish Peperonata - Paleo Chicken Breasts with Prosciutto - And Much, Much More

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