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# Paleo Lunches And Breakfasts On The Go: The Solution To Gluten-Free Eating All Day Long With Delicious, Easy And Portable Primal Meals



## Synopsis

Lunch and breakfast are often the hardest meals to eat without busting your Paleo, gluten-free diet, especially when most recipes call for gluten, processed oils, sliced bread or sandwich buns. Diana Rodgers, a nutritional therapist and Paleo community activist, solves the problem with Paleo Lunches and Breakfasts On the Go, containing 100 easy and delicious packable meals without bread. From lettuce-wrap sandwiches to egg muffins to creative uses for toothpicks and packaging, she takes the confusion out of how to make hand-friendly and fast Paleo meals. Recipes include her Chicken Salad with Fennel and Cranberries perfectly cradled by a leaf of romaine lettuce, the to-die-for Cherry Tarragon Breakfast Sausages and even a Paleo-friendly Bubble and Squeak. These mouth-watering creations are perfect portable meals that are as healthy and easy to make as they are gourmet.

## Book Information

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## Customer Reviews

“Diana is one of the most important people in the burgeoning sustainable food story and greater Paleo food movement.”

—Robb Wolf, author of The Paleo Solution  
“Working mom. Busy practitioner. Grad student. Writer. Diana is all of these things and more - so if you're looking for someone who understands a go-go-go lifestyle, the buck stops here. Busy people need the right tools to stay healthy, and this book puts those tools all in one place. (And it's NEVER boring or bland - these recipes are yummy and fun!) Finally - someone who understands how to make life easy; food delicious; and healthy living as rewarding and simple as it's

meant to be!

—Liz Wolfe, author of *Modern Cave Girl*—“One of the biggest challenges I see patients face when adopting a Paleo diet is incorporating it into their daily life. It can be daunting for a busy professional or a mother to cook breakfast and lunch on top of dinner every day, but Diana’s book offers 100 delicious yet simple recipes to make this as easy as possible. It’s an excellent resource for anyone following a Paleo diet that doesn’t have time to be in the kitchen all day.”

—Chris Kresser M.S., L.Ac—“Diana is one of the most important people in the burgeoning sustainable food story and greater Paleo food movement.”

—Robb Wolf, author of *The Paleo Solution*—“Diana’s inventive breakfast and lunch ideas are a gift -- especially for those of us with busy schedules. Not only are her recipes bursting with flavor, but they can be quickly assembled as you barrel out the door in the morning. Trust me: You won’t be able to wait to dig into your lunchbox.”

—Michelle Tam, creator of popular blog, *Nom Nom Paleo*—“Diana is a mother of two, leads her own successful nutrition practice, works on a farm with her family, and is studying to become a registered dietitian. It is rare to find an individual with such nutrition-related experience who also possesses remarkable talent in the kitchen.”

—Mathieu Lalonde, Ph.D. Organic Chemistry, Harvard University—“If you have to eat on the run and want to keep it healthy and paleo then this book is mandatory!”

—Amy Kubal, MS, RD, LN

Diana Rodgers is a nutritional therapist, cooking teacher and nutrition consultant to several Crossfit gyms. She is the founder of Radiance Nutrition and recently hosted a dinner for key players in the Ancestral Health Symposium including Robb Wolf and others.

This beautiful gem of a cookbook arrived last night. I’ve perused the recipes and know from experience with Diana’s recommendations on her blog they will be both delicious and nutritious. With regard to the Paleo lifestyle, I’ve been following Diana’s advice for a year with great results. Her recommendation for a 30 day plan followed by 80/20 works!

This book is superb for making finger foods by using leftovers in wraps. This is similar, to making sandwiches, but tastier, and probably healthier as well. Truly you can eat these at work, at school, while shopping, and just generally on-the-go. No plates or silverware needed, although a napkin might be handy. Some preplanning may be required, but in general, if you plan your weekly menus, it comes easily. (i.e.) Instead of roasting one chicken that will feed your family for just one meal, try roasting two. Same time, same energy cost, for twice the product. Then debone and throw the

bones and scraps from both chickens into a large pot for making homemade broth. That's good "home economics" by definition!

Great book; I have made several recipes and they were yummy. Definitely worth buying.

Very good book I use it to come up with lunches for work.

I love this book! I don't claim to have gone Paleo, but I am working towards that idea and I have lost a few pounds heading that way! I take my lunch to work and sandwiches and carbs always end up in the mix. This book gave me a lot of ideas for lettuce wraps...I love the one with a piece of bacon, tomato and their easy home made mayo! Yum! The photos are great and inspire me to cook! Most of these recipes are easy and easy to pack! I highly recommend this book!

I was looking for Paleo Cook Book with Gluten-Free meals recipes and found on .com many different Paleo cookbooks. I was glad let people to "open" books online and read about Paleo diet, read some recipes and learn about food we need to buy at grocery stores before to cook. So, I found a good book I've liked most of all. It has simple gluten-free meals recipes which easy to cook...It is "Paleo Lunches and Breakfasts On the Go: The Solution to Gluten-Free Eating..."

This is a great Paleo book, and even great if you aren't Paleo. It's one of the essential cookbooks in our Paleo home and we cook from it at least 3-4 times a week. It also helps you learn how to plan ahead and pack for lunch so you're not tempted by SAD food at work. A few recipes are a little more than "on the go" but great on weekends!

One of my favorite Paleo cookbooks. I like the ideas and all new Paleo folks know that breakfast is the toughest challenge when one goes grain free. This has nice ideas for breakfast and lunch that travel. They are not as easy as grabbing a box of cereal and carton of milk, but they are nice options and interesting flavor treats.

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