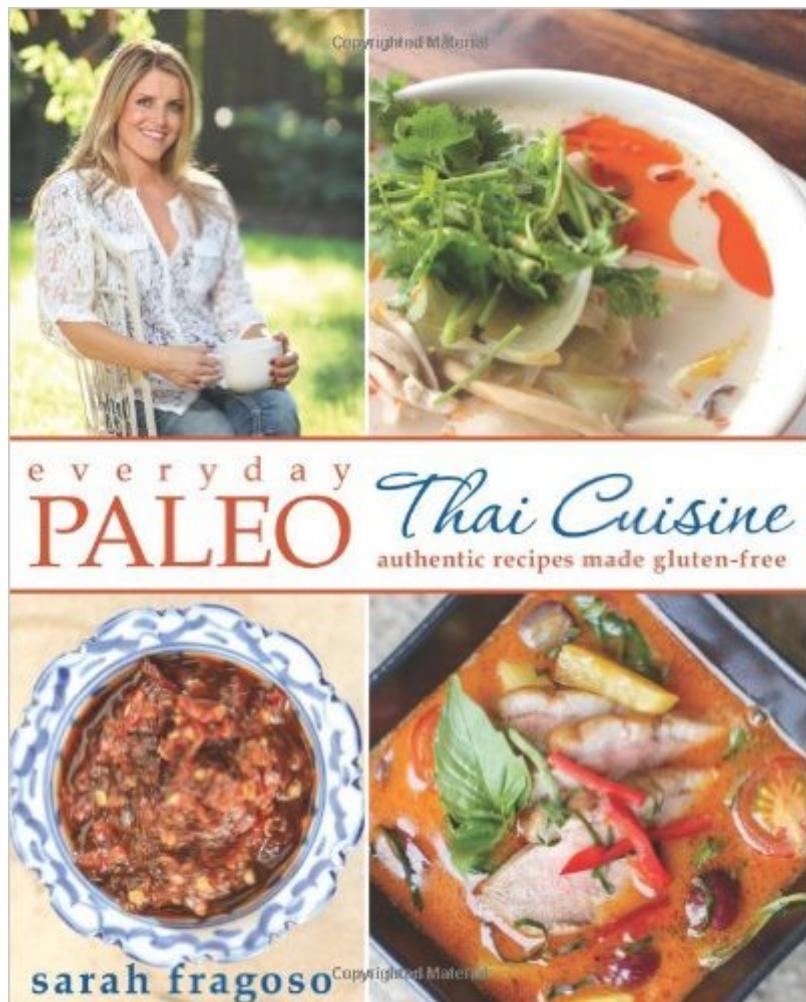


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# Everyday Paleo: Thai Cuisine: Authentic Recipes Made Gluten-free



## Synopsis

Sarah Fragoso is taking Paleo Around the World â “ next stop Thailand! Sarah Fragosoâ ™s travel adventures continue in the second installment of the Everyday Paleo Around the World series. This time, she took the Fragoso family to Thailand. In this epic book of travel adventures, food, and fun, you will find 100 recipes from numerous regions in Thailand, from the lush jungles of the north to the sultry beaches of the south and many places in between. Thai food is a beloved cuisine, and Sarah learned straight from the source the traditions that make Thai food so specialâ ”and delicious. In this book, she teaches you how to make these authentic dishes entirely free of grain, gluten, dairy, and legumes. Sarah had the opportunity to work side by side with restaurant chefs, home cooks, street vendors, and resort chefs, all with unique culinary perspectives, interesting stories, and amazing food. Everyday Paleo Around the World: Thai Cuisine brings it all home to you. You will find everything from homemade curry pastes to fresh spring rolls, amazing egg dishes, and tropical desserts. Get ready to lose yourself in the culture, food, and magic that is truly Thailandâ ”you will be sure to impress your family and guests with this amazing food! As an added bonus, Sarah shares tips for anyone planning a trip to Thailand: Learn the best ways to navigate the country and stay Paleo and gluten-free during your travels. Grab your passport, pack your suitcase, and join the Fragoso family on a mouthwatering Paleo adventure in Thailand!

## Book Information

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## Customer Reviews

I admit to being so disappointed by some of these recipes that I came back to look at the reviews here again. As another reviewer says, it is surprising that there aren't more negative reviews, and I

second her opinion that the author's enthusiasm is so infectious and inspirational that it's hard to deliver bad news (you almost begin to believe something is wrong with you for not liking her food). What I DID like about it: I was hesitating to start the paleo because, as a mother of 3 small boys, it seemed overwhelming. Reading this book not only inspired me to start it sooner than I would have otherwise, it gave me 5 day meal-planners that made it seem easy to shop and cook in such a new way. What I DIDN'T like about it: the shopping lists need to be proofed better--I found myself missing key ingredients that were not listed. Also, the recipes were just not that good, especially for little kids. Mine are adventurous, but even so, her menu is a bit of a stretch (foods are too spicy or not very kid-friendly--the egg cupcakes were green because they were so filled with veggies and, frankly, didn't taste that great (more flavor, less veggies!)). Great ideas for kids are sometimes not that practical. For example, I made the lunchbox rollups with ham and turkey, but how to get them to stay closed and to prevent ingredients from slipping out? I spent 10 minutes cutting thin strips of scallion and painstakingly tying them together, then added some toothpicks for good measure. I imagined the other kids at school asking my son what the heck he was eating! One hesitates to criticize, but she is clearly not a foodie--she relies on things like garlic powder and calls hollandaise sauce bearnaise sauce.

My husband and I started a primal diet months ago and ordered Mark Sisson's 2 primal cookbooks, The Primal Blueprint Cookbook and Primal Blueprint Quick and Easy Meals. We loved both of those cookbooks and have gotten a lot of good use out of them. We cook a lot (3 meals a day, everyday) so we were looking to branch out and bought Everyday Paleo and Paleo Comfort Foods based on the stellar reviews. Everyday Paleo just is not what we were expecting. The recipes are boring and remind me of paleo versions of recipes from an old Taste of Home magazine. My family is rather adventurous and couldn't even pick out a single recipe that seemed appetizing to them. They are used to exciting, ethnic or exotic foods because that is what I make. This book just doesn't have the quality that I was hoping for. I thought that "Everyday Paleo" would be about making fun and exciting paleo meals every day without getting boring, but this just falls short. Who needs a recipe to make meatloaf or a spinach salad paleo? The Ginger Shrimp Salad is just shrimp with ginger on arugula. I mean Apple Flowers? It is literally a cut up apple arranged around a blob of almond butter. Bugs in a Boat?

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