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AIP And Paleo Snacks And Quick Lunches



Synopsis

We talk about main meals on the paleo and autoimmune protocol (AIP) diets, but what about snacking between meals? This book contains over 40 AIP-compliant snack and quick lunch recipes and ideas to help you keep on track. There are suggestions for foods you can eat on the go, as well as nibbles and 'one bite wonders' that you can serve at picnics and parties. The book includes some of the most popular recipes from the author's Comfort Bites Blog as well as a number of new ideas and recipes developed especially for this book.

Book Information

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Customer Reviews

After having looked through several AIP programs and cookbooks, I found this to be easily understood. Others being too TEXTBOOK with language meant more for medical professionals than average people.

Wasn't very impressed

If you find yourself relying a bit too much on AIP convenience snacks such as packaged plantain chips, this is the book for you! Filled with simple and yet creative recipes, I find that they are easy to make and prevent any mid-day energy crashes. The book is written in a friendly and approachable manner and I found the tips honest and helpful. The food photos are to the point, there are no elaborate studio shots but I like how practical the recipes are as the ingredients can be easily obtained. Portions are small and great if you are the only one doing AIP in your household, but a lot of recipes can be batch-cooked as well. The smoked mackerel [pañfÅ'Ã â teÃfÅ'Ã Â](#) is a clever recipe!

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