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Paleo Date Night

Brian Kavanagh

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Preparing a meal for your date can be a little daunting, especially if you are following the Paleo diet. Aside from the challenges that come with cooking, once the meal is plated it often looks not-so-extraordinary. From Paleo blogger Brian Kavanagh, aka The Sophisticated Caveman, comes a book to help you create easy and elegant Paleo meals that both taste and look amazing. Along with recipes for complete Paleo meals designed for two, Paleo Date Night contains food plating and styling tips to help your kitchen creations look their best. From dishes like Crispy Duck Legs with Mashed Sweet Potatoes and Pan-Fried Brussels Sprouts to Paleo Pad Thai, you will find meals that both you and your loved one will cherish for many dates to come. Prepare a delicious, healthy, and memorable meal for someone special tonight. Make it a Paleo Date Night!

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