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Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods (Paleo Diet Solution Series)

Lucy Fast

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**** #1 Best Seller in Wok Cookery & Pacific Rim Cooking! ****

Just to say Thank You for checking out this Book I want to give you a copy of my upcoming book Paleo Pantry: The Beginner's Guide to What Should and Should NOT be in Your Paleo Kitchen.

Go to aPaleoPantry.com to reserve your FREE copy!

Most of us never try to cook our own Asian food at home since there's usually a plethora of dine-in or take-out options near our hometowns.

Gone are the days when the Chinese restaurant was the only Asian place in town; Millennials now have their choice of Japanese/sushi bars, Thai, Vietnamese, Korean barbecue, even Mongolian and Vietnamese fare!

While these restaurants offer much in the way of deliciousness, they often cater to the American palate--and the American diet. Dishes are filled with sugars, syrups, and starches, which don't correspond with a Paleo-style eating plan.

Never fear, "Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods" is here!

In this book, you'll find:
* The benefits of shopping at your local Asian market
* The final word on Miso (guess what - it IS Paleo-friendly)
* Quick and Easy ways to make delicious Asian food at home (including a great Rice substitute)
* Authentic recipes that are true to their native roots (Like Adobo and Curried Coconut Crab straight from the Philippines)
* Dishes from China like Sesame "Noodles" and Dumplings (Yes you CAN have Dumplings - we weren't just teasing you with the cover image!)
* Japanese Food like Beef Tataki and Yakitori
* Thai favorites like Som Tam (Green Papaya Salad) and Pork Pad Thai
* And much more!

Grab your wok and some chopsticks and let's get to eating!

Just scroll up and get your copy of "Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods" today!

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