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Par Danielle Walker
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Par Danielle Walker : Against All Grain: Delectable Paleo Recipes to Eat Well Feel Great (English Edition)
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Présentation de l'éditeurHaving battled an autoimmune disease the modern-medicine way for many years, Danielle Walker took matters into her own hands and set out to regain her health through the medicine of food. After four years of turning her kitchen into a laboratory for revamping her culinary point of view, Danielle mastered the art of grain- and dairy-free cooking—and improved her well-being, eliminating all her ailments.A self-trained chef, Danielle is the new face of grain-free cooking, tempting foodies of all stripes with her innovative, accessible recipes for delicious, effervescent Paleo food. Paying homage to the dishes she loved from her pre-Paleo life, she has ingeniously recreated all of her favorites without grains or dairy in her first-ever cookbook.Coupling her delightful recipes with elegant photography, Danielle takes you on a multicourse Paleo culinary journey from appetizers to dessert. Because Danielle knows that she's not the only one with a persnickety toddler at the dinner table, she has included a special children's section with amusing dishes that will bring joy to any child and also pass any mom's test for wholesome ingredients.Omitting grains, gluten, dairy, and refined sugar doesn't correlate with omitting taste in these recipes. Easy-to-follow instructions are complemented by mouthwatering photos that seem to burst off the page with flavor. Danielle's recipes are sure to leave you feeling satisfied and exhilarated, rather than deprived.Revue de presse"Danielle brings the lessons of personal experience and delights with a palette of beautiful and delicious recipes consistent with

the Paleo dietary concepts."—Dr. William Davis, New York Times best-selling author of *Wheat Belly*"Danielle's riveting story of life-transformation through diet is a testament to the many ways that food can heal the body. Not only do the recipes in this book comply with the Paleo-diet lifestyle, but she makes the grain-free transition effortless, and you will revel in each and every bite."—Diane Sanfilippo, New York Times best-selling author of *Practical Paleo*"Grains are healthy, right? How could you ever live without them? *Against All Grain* just might change your mind about a few of your ideas—and provide some tasty food for thought."—Robb Wolf, New York Times best-selling author of *The Paleo Solution*"With everything from appetizers to beverages, this book—full of healthy, yet amazingly delicious recipes—is one of my favorites. Get yourself a copy—don't miss out!"—Elana Amsterdam, author of *The Gluten-Free Almond Flour Cookbook* and the popular blog *Elana's Pantry*"Danielle's inventive recipes and gorgeous food photography will inspire you to dash to the kitchen, throw on an apron, and start cooking."—Michelle Tam, author of the blog *Nom Nom Paleo*Présentation de l'éditeurHaving battled an autoimmune disease the modern-medicine way for many years, Danielle Walker took matters into her own hands and set out to regain her health through the medicine of food. After four years of turning her kitchen into a laboratory for revamping her culinary point of view, Danielle mastered the art of grain- and dairy-free cooking—and improved her well-being, eliminating all her ailments. A self-trained chef, Danielle is the new face of grain-free cooking, tempting foodies of all stripes with her innovative, accessible recipes for delicious, effervescent Paleo food. Paying homage to the dishes she loved from her pre-Paleo life, she has ingeniously recreated all of her favorites without grains or dairy in her first-ever cookbook. Coupling her delightful recipes with elegant photography, Danielle takes you on a multicourse Paleo culinary journey from appetizers to dessert. Because Danielle knows that she's not the only one with a persnickety toddler at the dinner table, she has included a special children's section with amusing dishes that will bring joy to any child and also pass any mom's test for wholesome ingredients. Omitting grains, gluten, dairy, and refined sugar doesn't correlate with omitting taste in these recipes. Easy-to-follow instructions are complemented by mouthwatering photos that seem to burst off the page with flavor. Danielle's recipes are sure to leave you feeling satisfied and exhilarated, rather than deprived.

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