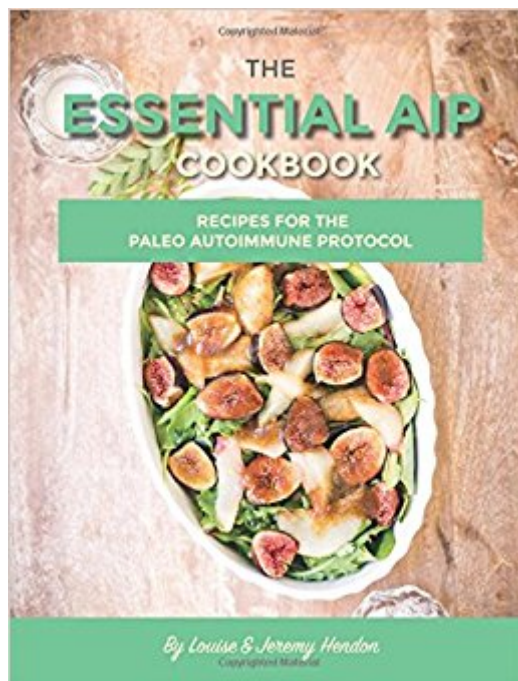




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# The Essential AIP Cookbook: 115+ Recipes For The Paleo Autoimmune Protocol Diet



## Synopsis

**MAKING THE PALEO AUTOIMMUNE PROTOCOL EASIER FOR YOU** 115+ Fully-Compliant AIP Recipes 4-Week Autoimmune Protocol Meal Plan Comprehensive AIP Diet Food List (Full Color Version) Like millions of other people, I had an autoimmune condition that just kept getting worse and worse. Through diet, nutrition, and learning to care for my body (and mind), I've sent my autoimmune condition into remission. And I'd love to help you do the same. The Paleo Autoimmune Protocol (AIP) is not an easy diet to implement. It's confusing what foods to avoid, and it's tough to find delicious recipes that don't include non-AIP ingredients. That's why this cookbook is designed to be 100% AIP-compliant so you don't have to worry about figuring out what to eat for your next meal! All the recipes are made with easy-to-find ingredients and don't include any eggs, nightshades, nuts, seeds, dairy, grains, soy, peanuts, other legumes, etc. So every recipe in The Essential AIP Cookbook is also friendly to those looking for dairy-free, gluten-free, nut-free, or egg-free recipes. Plus, included in the book is also a detailed AIP FOOD LIST and a 4-week AIP MEAL PLAN. Inside the Essential AIP Cookbook, you'll find the following:

- 200+ Pages of Recipes (with over 115 recipes covering Breakfast, Appetizers, Entrees, Sides, Drinks, Snacks, Breads, and Desserts)
- Delicious healthy and allergen-free recipes like Banana Pancakes, Garlic Cauliflower Naan, Korean BBQ Beef, Beets Chili, Arrowroot Battered Fish, and 100+ more AIP-compliant recipes
- No Grains, Processed Foods, Soy, Peanuts, Other Legumes, Dairy, Eggs, Nuts, Seeds, Nightshades
- 100% compliant with Sarah Ballantyne's version of the Paleo Autoimmune Protocol (as described in The Paleo Approach book). Suitable for those on an Allergen-Free diet, Gluten-Free diet, Paleo diet, as well as the AIP diet. If you're looking for an autoimmune paleo cookbook to help your body heal, then this is the book for you.

## Book Information

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## Customer Reviews

I love this book! Most AIP books have recipes that are too complicated, or use too many ingredients that are hard to find, or that my family won't eat. Not this one! --M. Rose  
Finally an AIP cookbook that uses real, easy to find ingredients. The recipes are mainstream enough that even my steak and potatoes hubbie can enjoy the recipes in this book. --Marie Mayhew

Food as Medicine & Cooking for Life I have an autoimmune disease. And for a long time, I felt like I was the only one. But in truth, there are at least 50 million other Americans with an autoimmune disease. That's a LOT. I'm sure that your experience is different than mine. But I also suspect that you might sometimes feel the same way as I have...Frustrated and Helpless, Like the Medical System is Failing You  
Modern medicine is amazing in so many ways. For instance, infant mortality is lower than ever. And you could break twenty bones and be fully recovered a year from now. But modern medicine is not great at curing chronic illnesses like autoimmune diseases. And that's frustrating. I visited doctor after doctor for many years, and they ran more tests than I can remember. But nobody ever offered me a real solution to my illness. At best, they prescribed me medication to treat and mask my symptoms. I don't blame any of those doctors. They didn't know what to do. But I was constantly disappointed. And I've talked to a lot of people who feel the exact same way. Fortunately, I found a way to heal my body without medication...Real Food is the Key to Real Health  
For as long as I can remember, I have loved eating. And for most of my life, I loved eating junk food. After all, junk food is chemically designed to be addictive. But once I started struggling to heal my body, something had to change. It was my change to Paleo and Real Food that made more difference than anything else. I hated being sick, but there was a silver lining...Once I understood the impact of food on my body, I also learned to appreciate and love whole, fresh foods. Today, I eat better than ever, in terms of both health AND taste. Better yet, I look forward to cooking, which was never the case when I was younger. Until recently, I viewed cooking as a chore that would take up what little time I had. Today, I view it as a fun and exciting opportunity to create delicious food and make myself feel better. And that's what I want to share with you and with the world...A Love for Cooking, with a Little Perspective!

hated cooking for most of my life. And for many years, I worked long hours as a lawyer in New York City. As you can guess, I had little desire or time to cook after getting home from a long day at the office. So I understand completely that you may not look forward to cooking every day. And yet, I believe that everybody can learn to enjoy cooking. I believe that cooking can bring friends and family together like few other activities. And cooking does not need to be complicated or time-consuming. Most of all, if you have an autoimmune disease, cooking is one of the most powerful things you can do to heal your body. That's why I wrote this cookbook for a Paleo Autoimmune Protocol. Healing Your Body Can Be Fun and Easy. Healing your body is not easy every single day. But it doesn't need to be a lifelong struggle. Getting well can also be much more fun than you think. And getting better definitely starts in the kitchen. There are some amazing restaurants and great health-food brands. Still, 99% of restaurants and prepared foods are suspect at best. If you're trying to heal an autoimmune disease, then almost all the food you eat needs to be cooked at home. But that's hard if each meal takes you hours to prepare. I believe in Simple, Fast, & Easy Recipes. It sounds silly, but I think most recipes should be simple, fast, & easy. On special occasions, I sometimes choose to make complex and time-consuming dishes. On normal days, I don't have the time or energy to cook all day. With just a couple exceptions, all recipes in this book are easy and quick to make. Plus, they turn out well each and every time. Because if any one of those things isn't true, then cooking becomes much less fun. When that happens, you're likely to revert back to eating foods that don't heal or nourish your body. Let's Build a Better Life. This is just a cookbook. But I also view it as much more than that. I view this as an opportunity for you to dramatically improve your health and your life. A chance to take control of your body and feel younger, healthier, and happier. Most of all, I view it as a tool for you to live a life that you love.

I love this book! Most AIP books have recipes that are too complicated, or use too many ingredients that are hard to find, or that my family won't eat. Not this one! Kid friendly, incredibly simple recipes, and my entire family with varying special dietary needs can eat every single recipe in this book! It truly doesn't have a single recipe with dairy, nuts, eggs, soy, grains, or nightshades! Can't say enough about this book!

Wish it contained more recipes without high sugar fruits. There are a couple recipes that I will be trying though!

I have 2 kids, one allergic to nuts and intolerant to wheat and dairy. I have delayed doing AIP because it is overwhelming, but looking at these recipes, I feel like I can do this, and the recipes are things I think both the kids will eat. :)

This was an awesome find. I was looking into API and this cookbook has great easy to make recipes. I've already tried and enjoyed over a dozen of them from breakfast to dessert.

I'd recommend this book to anyone needing more variety while eating paleo, especially the more restricted aip paleo. The recipes are quick, easy and delicious. I love having more choices available to me again. Thanks Louise!

This is a great "jumping off point" as one begins an AIP paleo diet. Easy recipes and very straightforward. This proves that though ingredients may be limited, you can mix allowed foods into healthy meals for just one, a few, or a family.

Great photos and tasty meals!

Definitely an essential cookbook to have on hand if you're following the autoimmune protocol or paleo. The few recipes I made so far are ones I can easily add into the mix of weeknight dinners, that means quick to cook with less ingredients than some other cookbooks. Also there are crock pot recipes along with recipes for breakfast, lunch, dinner, snacks and desserts.

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