



Paleo Vegan: Plant-Based Primal Recipes

Ellen Jaffe Jones, Alan Roettinger

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With their heavy emphasis on meat, paleo cookbooks have had little to offer vegans...until now. Athlete, coach, and vegan advocate Ellen Jaffe Jones joins forces with chef extraordinaire and culinary genius Alan Roettinger to present a surprising yet delectable blend of plant-based vegan cuisine and popular paleo diets. Ellen examines both vegan and paleo dietary approaches, culling myth from reality. Laying bare the essentials, she proposes a simple, straightforward way of eating based on natural, whole, unprocessed foods that both diet styles endorse. Nutritional charts let you compare at a glance the value of vital macronutrients, such as protein and calcium, which play an important role in paleo diets, so you can easily select healthful, power-packed, plant-based alternatives to help you survive the rigors of civilized life. Just a simple hunt and gathering at your local grocery store, farmers market, or back-yard garden is all you'll need to evolve your diet from primitive to superhuman.

Alan then takes these basic principles and guidelines and sets your primeval taste buds ablaze by dishing up wild creations and exotic flavor combinations using a bounty of fresh, whole foods such as nuts and seeds, fruits, vegetables, wild-crafted greens and mushrooms, and healthy fats (as well as the occasional cheat of beans or grain-like seeds). Dishes like Oyster Mushroom and Baby Bok Choy Curry, Dandelion Salad with Beets, Roasted Pumpkin Dip, and Tuscan Kale with Chili, Garlic, and Black Olives highlight the culinary delights that await in Paleo Vegan.

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