



## Primal Cravings: Your favorite foods made Paleo

By Brandon and Megan Keatley



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A well seasoned steak, eggs, dark chocolate, and apples can really hit the spot. But sometimes, we could really go for Chili Pie, Benedict Deviled Eggs, Thin Mint Cookies, and Apple Pie. Even the most disciplined and willful among us can become bored and wayward on a routine of bland, repetitive meals. Humans naturally crave delicious food, interesting cuisine and variety.

*Primal Cravings* sets out to provide the best of both worlds – the food to satiate our deep seated, visceral urges made with ingredients that satisfy our ancient, genetic needs for good health. This cookbook contains 125 Primal/Paleo recipes, and also includes bonus features that detail the authors’ thoughts of the tenets of a Primal/Paleo diet and the mentality of a flexible, healthy eating lifestyle to show you how vibrant health can be found without sacrificing great taste.

Based in South Carolina, authors Brandon and Megan Keatley created *Primal Cravings* on the momentum of their popular Health-Bent.com website – a treasure trove of Primal/Paleo recipes, workout tips and motivational messages. These kitchen whizzes and expert-level fitness coaches present *Primal Cravings* after several years of research, experimentation and perfecting recipes in their home kitchen. *Primal Cravings* presents the recipes in a simple, clear, easy-to-navigate format, and offers a detailed macronutrient analysis of each preparation. Knowing time is the most valuable resource, they also provide primers on ingredients, tools, and stocking your kitchen, and offer menu suggestions for a variety of occasions and considerations (quick, budget, feeding a crowd).

With *Primal Cravings*, you can enjoy assorted breakfasts, meat and main dishes, sides and salads, snacks, sweets and basics like bread, sauces, and dressings that adhere to Primal/Paleo guidelines. Inside you’ll find 100% low-sugar, grain-free, gluten-free, industrial oil-free recipes all accompanied by full color photos. Pioneering new gluten/grain free baking techniques for *Primal Cravings*, the

Keatleys show you how to make the best Primal treats you've ever had. If you've been missing or looking for healthy, innovative ways to make things from All-American fare like breakfast egg dishes, waffles and pancakes, muffins, burgers, chili, pizza, chips, baked goods (cakes, pies, cookies, crackers, brownies) and frozen desserts to global cuisine like gyros, spanakopita, moo shu, barbacoa, tacos, tikka masala and other favorites – then this is the book for you.

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## Primal Cravings: Your favorite foods made Paleo By Brandon and Megan Keatley Bibliography

- Sales Rank: #24762 in Books

- Brand: Brand: Primal Nutrition, Inc.
- Published on: 2013-06-04
- Released on: 2013-06-04
- Original language: English
- Number of items: 1
- Dimensions: 10.20" h x 1.20" w x 8.20" l, 2.51 pounds
- Binding: Hardcover
- 280 pages

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### Editorial Review

#### About the Author

Megan and Brandon Keatley are certified Crossfit coaches and teach numerous classes each week in Columbia, South Carolina. They also provide ongoing nutrition counseling and workshops aligned with Primal/paleo diet principles to personal clients and gym members. In 2012, competing together in the team competition, they took 7th in the CrossFit Games Southeast Regional. Brandon is a lifelong athlete who has long been fascinated by diet and nutrition. In his extensive research of the role food plays in health, fitness, and peak performance, he discovered the principles of the Primal/paleo eating strategy in 2006 - and hasn't looked back since! Megan has cooked at home since age seven, and worked in restaurants since the age of 15. She's waited tables, washed dishes and prepared meals - sometimes all in the same day! She has completed training with the Culinary Institute of America chefs and worked as an executive pastry chef at one of Columbia's best known eateries. Since meeting while earning their degrees at the University of South Carolina, the Keatleys' founded their food blog, Health-Bent.com, on the premise that eating within seemingly strict guidelines can be much easier and tastier than imagined. Their recipes are inventive, but always feel approachable, without the unnecessary fuss of expensive ingredients and hours of prep. Health-Bent.com has been lauded as a premier resource for the most delicious Primal/paleo recipes and down to earth lifestyle advice.

### Users Review

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The guide with title Primal Cravings: Your favorite foods made Paleo includes a lot of information that you can study it. You can get a lot of gain after read this book. This book exist new information the information that exist in this e-book represented the condition of the world at this point. That is important to yo7u to be aware of how the improvement of the world. This kind of book will bring you inside new era of the glowbal growth. You can read the e-book on the smart phone, so you can read that anywhere you want.

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