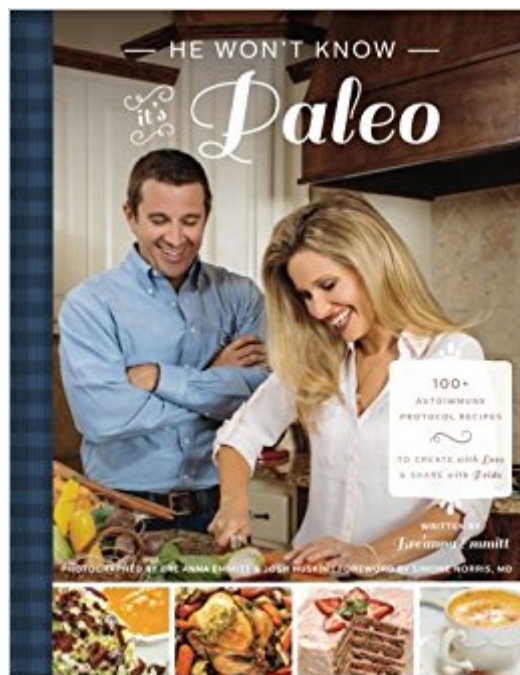




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# He Won't Know It's Paleo: 100+ Autoimmune Protocol Recipes To Create With Love And Share With Pride



## Synopsis

Revised and re-edited (2016)! Created with the busy cook and family in mind, Breanna Emmitt takes you right into her kitchen where she prepared only paleo autoimmune protocol meals for six months before she finally came clean with her husband, Chris. In that time, she noticed drastic improvement in her two autoimmune diseases and began her popular blog, He Won't Know It's Paleo. Each recipe in this book was created with love, shared with sneakiness, and enjoyed with gusto. Her guideline to publishing is always this: If a recipe doesn't meet her non-paleo husband's approval, it doesn't get published. Following the Paleo Autoimmune Protocol does not have to mean compromising great taste. Breanna's hope is that these recipes become your new family favorites - ones that not only improve your health, but that bring good food and great joy around your dinner table. If you want to improve your health but still enjoy your old favorites like tacos, muffins, cookies, cakes, and easy dinners, you are in the right spot! The He Won't Know It's Paleo cookbook contains over 100 recipes that are not only nutrient-dense, but are delicious enough to proudly serve to family and friends. Inside you'll find...AppetizersCondiments, Dressings and SeasoningsBreads and MuffinsBreakfastsSoups, Salads and SidesEntrees (including several 30-minute meals)Desserts and BeveragesInformation about autoimmune diseasesThe Paleo Diet vs. The Paleo Autoimmune Protocol (with substitution options for food reintroductions!)Elimination diet and reintroduction chartsSimple instructions and photos for each recipeAnd, Yes! All of the recipes are paleo, autoimmune-protocol friendly, and allergen-free! \*While still being full of flavor, all recipes are free from: GlutenDairyGrainsEggsSoyLegumesNutsSeedsNightshades Refined sugar

## Book Information

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## Customer Reviews

"Proper nutrition, exercise, sleep and stress management are the foundations of well-being. But what do we do when the foods we eat make us sick? Where do we look for answers? And what do we do when traditional medicine fails us? Bre'anna Emmitt is a brave soul who took matters into her own hands to find help for herself. What she discovered is the healing power of food." - Simone Norris, MD "He Won't It's Paleo" is one of the most creative Autoimmune Protocol cookbooks I've seen yet! Bre'anna has adapted all your familiar favorites to elimination diet-friendly versions. The recipes and mouth-watering photography cover everything from apple pie to enchiladas. Tricking her hubby into making a dietary transition is what inspired Bre'anna's inventive creations and with her help, you can keep the secret from your family too. Shhh!" - Angie Alt, author of "The Alternative Autoimmune Cookbook" "Bre'anna Emmitt is the Paula Deen of the AIP community, providing the comfort food we love, with one big difference: these recipes are good for our health." Eileen Laird, author of the popular AIP blog "Phoenix Helix"

It's not often that gluten-free, grain-free and allergen-free food is delicious enough to sneak past a gluten-loving, All-American eater. But in "He Won't Know It's Paleo," Bre'anna Emmitt takes you right into her kitchen where she prepared only paleo autoimmune protocol meals for six months before she finally came clean with her husband, Chris. In that time, she noticed drastic improvement in her two autoimmune diseases and began her popular blog, "He Won't Know It's Paleo." Each recipe in this book was created with love, shared with sneakiness, and enjoyed with gusto. Her guideline to publishing is always this: "If a recipe doesn't meet her non-paleo husband's approval, it doesn't get published." Following the Paleo Autoimmune Protocol does not have to mean compromising great taste. Bre'anna's hope is that these recipes become your new family favorites - ones that not only improve your health, but that bring good food and great joy around your dinner table.

I was very hesitant to buy this book. Since January I have purchased all the AIP cookbooks that I could find. I wasn't really pleased with those so I was concerned this would be another one where I use only a few recipes from the entire book. I am so glad I got this one. It has recipes with ingredients that I normally have on hand. I can tell I will be making the majority of the recipes in this

book. I've already made 6 this weekend.

**\*\* Updating my review \*\***I decided to hold on to this book and not return it, and I am glad because so far I have made several of the recipes to try out and I knew I had to come back here and admit I was wrong. The "ketchup" recipe alone is enough to keep the book - I couldn't believe a recipe so basic would produce something that actually TASTES like ketchup. I am still not thrilled about the binding/print because I don't see it holding up well, and think the price should reflect that, but the recipes are definitely making up for it.\*\*\*\*\*I don't know. I WANT to love this book. I do love the gal who put it together, and usually enjoy the recipes she blogs. I am a long-time AIP follower, I know my way around the kitchen at this point. I don't know what it is that is putting me off - the cheap, flimsy binding job, the amateur printing/hard-to-read fonts/food presentations, the errors in the recipes, the fact that I ordered it at the same time as the "Nourish" cookbook which is everything a cookbook ought to be (and cost LESS than this one), the ultra basic recipes (which I am sure taste delicious, but they are ones I would have figured out on my own and didn't need to pay nearly \$30 for. Whatever "it" is, it has left me wondering if I should return this book and get my money back, or put it on the shelf and see how it goes. \$30 is a lot of money, and I did expect more than what I found crammed into my mailbox. Not trying to be harsh, just honest. I could have saved my money and continued to follow the HWKIP blog and done just fine... even found that some of these recipes I already have pinned on Pinterest and did not need to pay \$\$ for.... BUT although the recipes are pretty basic, they are practical and fast, and that is a good thing.

I do NOT want to eat AIP Paleo and have resisted it for a long time but my autoimmune condition demands that I give it a try. I have read blog posts and other resources for AIP recipe ideas but was less than enthusiastic. One read through this book and I am excited to begin. Simple recipes, simple ingredients ( some shopping required) For the first time I know I can do this. Thanks Bre'anna.

I love this book and I have to give it five stars. I want to say Bre'anna has done a wonderful job with all the recipes in her book. Can't wait to make her nightshade free red salsa and her queso recipe and ranch dressing I haven't had ranch dressing in years. I did make her coconut cream pie, tortillas, pita bread, biscuits and wheat less thin crackers and all yummy, sorry got to get back to my kitchen. Thank you, Bre'anna for this beautiful book.

There are so very many recipes I can't wait to try; especially compared to other AIP recipe books.

Unfortunately, there's no digital index. And when the page is bookmarked, what appears in Notebook is the first line of the recipe introduction; because the recipe title is a graphic. No! Please, please fix this. Titles and charts which are text-based need to be text, or they can't be tagged, searched or indexed. Furthermore, digital titles and charts can be difficult to read, and can't be enlarged without click-click-clicking on each one. Even enlarged, images containing text can be almost illegible; especially with cutesy typefaces. It's a big deal. The chart for AIP Pantry Ingredients is contained in three images, containing text in a gothic typeface. On my 10-inch tablet, with the individual images expanded to page-width in landscape, it's still a struggle to read. I found a work-around to tag and index recipes to try first. I selected the graphic containing the title of the recipe. I inserted a note in the selection, in which I typed the name of the recipe. Now when I view my Notebook, I have the list of entries I have tagged. For each of my notes I also have an entry containing the next word of text in the document, but I can live with that. It took some time, but I found it worthwhile. These individual artistic works have ingredients I believe in. I look forward to revising my review, because it's a very good cookbook, with lovely photographs, intelligent constructions and a compelling back-story. Kudos!

A must for anyone on AIP whose family isn't so into the AIP flavors/lifestyle.

I am not a very good cook by any stretch of the imagination but I got this book two days ago and have already successfully made two delicious dinners (the roasted chicken and the thrown together meatballs). I have to say that by looking at all the recipes in the book, I can probably successfully execute most of them. So if you're starting a Paleo AIP diet for autoimmune issues- get this book and the one by Mickey Trescott and you will be good to go as you start your journey!

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