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## **Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods (Paleo Diet Solution Series)**

*Lucy Fast*

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# ASIAN PALEO

*Gluten Free Recipes for Classic Chinese,  
Japanese, Thai, Vietnamese,  
Korean, and Filipino Comfort Foods*



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**Lucy Fast : Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods (Paleo Diet Solution Series)**

before purchasing it in order to gauge whether or not it would be worth my time, and all praised Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods (Paleo Diet Solution Series):

0 of 0 people found the following review helpful. Not worth the money! By Mike Not worth the money! Mediocre and inauthentic recipes and not very many for the price. I bought her Mexican version also, but before it arrived I ordered this before seeing how poorly the content is done. Serious question as to where the many stars come. 0 of 0 people found the following review helpful. I am very disappointed in this product for recipes and for the price. By Natalia I am very disappointed in this product for recipes and for the price. Nothing about nutrition, and very poorly content. I love Asian kitchen and here is nothing classic. I delete all other books from my wish list. Very upset. 0 of 0 people found the following review helpful. Very short and very disappointing. By Clovis10123 I was very disappointed in this product and especially for the price. The book was extremely thin with only 24 recipes and no pictures of the meals to be prepared. :( Don't waste your time with this product...

\*\*\*\* #1 Best Seller in Wok Cookery Pacific Rim Cooking! \*\*\*\* Just to say Thank You for checking out this Book I want to give you a copy of my upcoming book Paleo Pantry: The Beginner's Guide to What Should and Should NOT be in Your Paleo Kitchen. Go to [aPaleoPantry.com](http://aPaleoPantry.com) to reserve your FREE copy! Most of us never try to cook our own Asian food at home since there's usually a plethora of dine-in or take-out options near our hometowns. Gone are the days when the Chinese restaurant was the only Asian place in town; Millennials now have their choice of Japanese/sushi bars, Thai, Vietnamese, Korean barbecue, even Mongolian and Vietnamese fare! While these restaurants offer much in the way of deliciousness, they often cater to the American palate--and the American diet. Dishes are filled with sugars, syrups, and starches, which don't correspond with a Paleo-style eating plan. Never fear, "Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods" is here! In this book, you'll find: \* The benefits of shopping at your local Asian market \* The final word on Miso (guess what - it IS Paleo-friendly) \* Quick and Easy ways to make delicious Asian food at home (including a great Rice substitute) \* Authentic recipes that are true to their native roots (Like Adobo and Curried Coconut Crab straight from the Philippines) \* Dishes from China like Sesame "Noodles" and Dumplings (Yes you CAN have Dumplings - we weren't just teasing you with the cover image!) \* Japanese Food like Beef Tataki and Yakitori \* Thai favorites like Som Tam (Green Papaya Salad) and Pork Pad Thai \* And much more! Grab your wok and some chopsticks and let's get to eating! Just scroll up and get your copy of "Asian Paleo: Gluten Free Recipes for Classic Chinese, Japanese, Thai, Vietnamese, Korean, and Filipino Comfort Foods" today!