



Primal Blueprint Quick and Easy Meals: Delicious, Primal-approved meals you can make in under 30 minutes (Primal Blueprint Series)

Jennifer Meier, Mark Sisson

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Low carb styles of eating--whether touted as Primal, paleo, Atkins or the evolutionary diet--have proven to be the most effective for health and weight management. Unfortunately, many adherents find that regularly preparing healthy, natural meals the traditional ways can often take more time than they would like to spend.

Following the immensely successful *Primal Blueprint* and *Primal Blueprint Cookbook*, *Primal Blueprint Quick and Easy Meals* offers healthy, low-carb Primal-approved recipes that can all be completed in under half an hour and, in many cases, in just a few minutes. Sisson and Meier show you how to delight your family or guests every time with quick, delicious meals using local produce, CSA meats, healthy fats (yes, and real butter) and common herbs and spices.

Now there are no more excuses for you to get into the Primal lifestyle, start losing weight, staying healthy and having more energy while enjoying nature's most satisfying foods.

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