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Plant-Based Paleo: Protein-Rich Vegan Recipes for Well-Being and Vitality

By Zoe Jenna

Ryland, Peters & Small Ltd. Hardback. Book Condition: new. BRAND NEW, Plant-Based Paleo: Protein-Rich Vegan Recipes for Well-Being and Vitality, Zoe Jenna, Discover how our ancestors ate with more than 60 inventive and exciting, easy-to-prepare vegan paleo recipes that use a wide range of foraged ingredients including seeds, sprouted grains, fruits and vegetables. Plant-based Paleo helps you understand the paleo approach to vegan nutrition and create clean foods that your body will harness for sustenance, well-being and vitality. Humans are the only animals who cook their food. Sources say that before we learned to hunt, we ate a raw diet comprised of what we could gather in the wilderness. The plant-based diet gave us everything we needed then, and it does now! Plant proteins are easier for the body to absorb than animal proteins because they have far less saturated fat and are high in calcium, absorbed from soil. Plant-based paleo goes straight to the source for this and much, much more, to unlock the nutritional secrets of the past to lead to a naturally healthier future. Jenna Zoe has created recipes to be enjoyed at any time of the day. Try Hemp Tabbouleh, Kale & Avocado Salad, Sweet Potato Gnocchi, Raw Sushi, Cauli-Pops, Eggplant bacon, Raw Pad Thai, Green Curry with Jicama...



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