

The Slim Palate Paleo Cookbook



The *Slim Palate Paleo Cookbook* proves that loving food and eating for good health need not be mutually exclusive pursuits. In this lovingly crafted and beautifully photographed book you will find:

- Guidelines for sourcing the most healthful meat, poultry, and seafood
- Advice on how to reconnect with food and eat mindfully
- Grain-free breakfasts to start the day off right
- Mouthwatering meats, from familiar comforts like Roasted Chicken to more exotic dishes like Lamb Vindaloo
- A wide variety of vegetable recipes to liven up any plate or palate
- Decadent desserts for occasional indulgences

Joshua Weissman's *The Slim Palate Paleo Cookbook* is a lovely volume, with fine recipes for any level of cook and exceptional photography by the author. But embedded within it is a philosophy of food that I hope more people will embrace, one of common sense and a full-on bear hug of excellent food cooked at home with abandon. Even more important, this book is an extraordinary story of a young man who transformed himself through food and cooking and is thus a living emblem of the power of food to transform our lives.

—MICHAEL RUHLMAN

James Beard Award-winning author of *Ruhlman's Twenty*, *Charmaic*,
The Soul of a Chef, and numerous other books on food and cooking

Joshua Weissman, the teenage dynamo behind the remarkable *Slim Palate* blog, has figured out at the tender age of 17 that the secret to a healthy life is eating nourishing home-cooked meals. With his sophisticated palate and discerning eye, Joshua's recipes and enticing photos will inspire young and old to take charge of their wellness by getting in the kitchen.

—MICHELLE TAM

author of *Non Non Paleo*

One of Joshua Weissman's strengths in *The Slim Palate Paleo Cookbook* is the way he impressively balances his youthfulness with maturity. At only 17, Joshua has created a cookbook filled with sophisticated recipes that people of all ages can appreciate, all while keeping the recipes easy enough for the inexperienced cook to follow. With exceptional photography, delicious recipes, and a unique point of view, *The Slim Palate Paleo Cookbook* is an entertaining read and a worthy resource!

—MARK SISSON

author of *The Primal Blueprint*

I am a big fan of Josh's food and so happy that he has come out with this cookbook full of healthy, delicious recipes!

—ELANA AMSTERDAM

New York Times best-selling author of *Paleo Cooking from Elana's Pantry*

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The Slim Palate Paleo Cookbook :

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