



# Primal Blueprint Quick and Easy Meals

*Mark Sisson*

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On the heels of the phenomenal success of *The Primal Blueprint Cookbook*, and in response to the growing demand for healthy meals that can be made with minimal time and effort, *Quick & Easy Meals* delivers over 100 mouth-watering recipes with easy-to-follow instructions that will get you in and out of the kitchen in 30-minutes or less. Now the dream of eating satisfying meals--even with little time to spare--controlling weight and feeling great has become a reality. Make your transition to Primal eating easy and fun with this innovative cookbook from Primal Blueprint author Mark Sisson, and acclaimed chef/food writer/photographer Jennifer Meier. With 300 brilliant, glossy, full-color photographs and dozens of Quick & Easy Tips throughout the book you'll see how delicious and simple to prepare Primal dishes can be. Save time with intuitive recipe steps, easy navigation, and great visual support. You'll find recipes for every traditional meal time -- Breakfast, Lunch, Dinner, Appetizers and Snacks -- and recipes for Sauces, Toppings and Rubs, which effortlessly turn bland salads, meats and hors d'oeuvres into unique culinary creations. And with the "Time in the Kitchen" listed for each recipe you'll know exactly what to expect, be it 30 minutes or five. As detailed in *The Primal Blueprint*, losing excess body fat is all about insulin. Regulate insulin production by eliminating grains and sugars and you will lose weight, even if you don't exercise much or are cursed with the "fat gene". *Quick & Easy Meals* makes this easier than ever, showing you how to transition from the great American grain-based diet to a Primal Blueprint diet featuring meat, seafood, fowl, vegetables, fruits, nuts, and seeds. Each recipe has a naturally low glycemic impact and comes with a complete macronutrient profile, so you know exactly what you're putting in your body -- no guesswork required. As you build momentum for Primal eating, you'll find that you won't even miss the boring, low-fat, high-carb foods that previously were the central focus of your diet. And no matter your experience in the kitchen you'll learn how to prepare delectable dishes like Bacon Souffle Frittata, Dill and Caper Salmon Burgers and Chorizo and Almond-Crusted Halibut. This isn't a crash course diet, and this won't be a cookbook that collects dust on your bookshelf. These and other Primal recipes provide the foundation for a lifetime of healthy eating that you'll eagerly come back to again and again.

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