



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

By 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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### **Editorial Review**

#### **About the Author**

Jennifer Meier is a graduate of the prestigious California Culinary Academy in San Francisco. Her culinary career spans a decade and includes stints in restaurants, gourmet shops, and wine stores in New York, Seattle, San Francisco and Los Angeles. She also holds a degree in Communications from the University of Washington in Seattle. Eventually, the writing and cooking merged into a food-writing career.

Mark is the one of the leading figures in the primal/paleo/ancestral health world, with his MarksDailyApple.com the most visited site in this category. Mark has followed the revolutionary bestseller, The Primal Blueprint, with six other books on primal living and eating. He is a former world-class endurance athlete (2:18 marathon, 4th place Hawaii Ironman), BA degree in biology (Williams College). Besides blogging daily and writing books, Mark hosts PrimalCon lifestyle retreats in North America

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