



Good Morning Paleo: More Than 150 Easy Favorites to Start Your Day, Gluten- and Grain-Free

Jane Barthelemy

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Start your day the Paleo way

A good breakfast has long been touted as the secret to a great day. But if you're following a Paleo diet, traditional favorites like English muffins, yogurt, oatmeal, toast with jam, and treats like pancakes, waffles, and blueberry muffins are off the menu. Now, Jane Barthelemy, the author of *Paleo Desserts*, has whipped up more than 150 healthy, luscious, low-carb replacements free of gluten, grain, dairy, and refined sugar. Created to give you greater energy without hunger pangs, feelings of deprivation, or a crash later in the day, these recipes are nutrient-dense and free of the sugar and chemicals that trigger cravings and weight gain. You'll find everything from homemade staple ingredients, such as non-dairy milks and nut butters, to grain-free breads, cereals, and muffins, as well as smoothies, egg- and meat-based hearty breakfasts, and grab-n-go goodies—and they're all made with real foods: fresh vegetables, tart fruits, unprocessed meats, nuts, eggs, and refined oils.

With recipes for Paleo versions of your favorite breakfasts, including:

English Muffins

Banana Bread

High-Protein Chia-Crunch Granola

Chocolate Brownie Superfood Waffles

Blueberry Lemon Muffins

Bacon Cauliflower Hash with Eggs

Cauliflower Tater Tots

Cowboy Baked Eggs

Mushroom Cheese Souffle

Spinach and Feta Quiche

Wild Salmon Cakes with Sour Cream

and many more

With egg-free, tree nut-free, and meat-free options, as well as recipes that work with diabetic- and candida-friendly diets, *Good Morning Paleo* will give you healthy, nutritious fuel to keep you going strong throughout your day.

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Glenna Monaghan:

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Gayle Anderson:

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Sallie Farris:

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