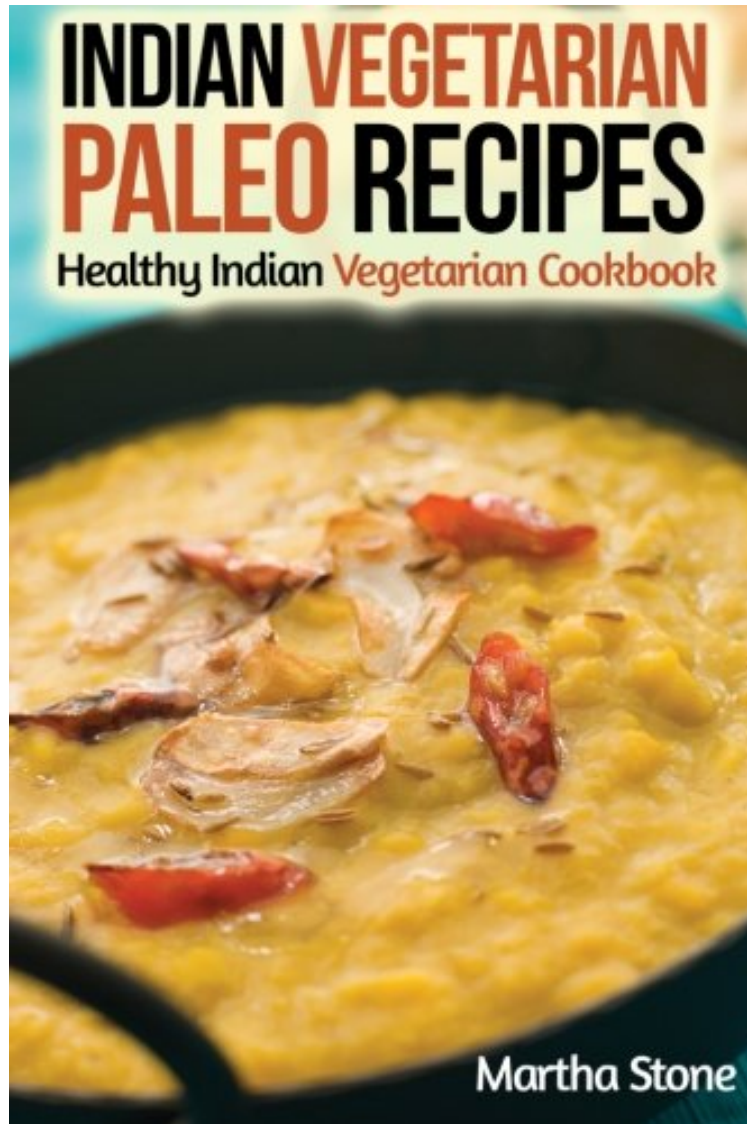


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Indian Vegetarian Paleo Recipes: Healthy Indian Vegetarian Cookbook

Martha Stone

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Martha Stone : Indian Vegetarian Paleo Recipes: Healthy Indian Vegetarian Cookbook before purchasing it in order to gage whether or not it would be worth my time, and all praised Indian Vegetarian Paleo Recipes: Healthy Indian Vegetarian Cookbook:

3 of 3 people found the following review helpful. I am amazed that you have the word Paleo as a heading ...By

AngelaDue to health issues I have been on a strict Paleo diet since 2011 and I am currently looking at adding in more Vegetarian Paleo dishes into my diet.I bought your book for \$25 Australian and received it today.I am amazed that you have the word Paleo as a heading in your book because there is only a couple of paleo recipes in the book.People on a Paleo Diet do not eat the following:* any grains including wheat, pasta, noodles and rice,* potatoes* legumes and pulses* dairy including yoghurtOut of the 25 recipes there are 4 recipes that are Paleo:* bitter gourd* okra finger curry* cauliflower thokka (side dish)* thakkali thokku (side dish)Before I went Paleo I ate a lot of Dal and as someone who loves Indian food your Moong Dal curry is very misleading - it says the preparation time is 10 minutes and you haven't explained to the reader that you need to soak the Mung beans for 2 hours to overnight, rinse them very well, and boil the Mung beans for 20-30 minutes before adding the spices.I am not someone who normally complains but if I had known your recipes were not Paleo I wouldn't have wasted \$25 on buying it.It is false advertising to claim that the recipes in your book are Vegetarian Paleo!Beware - If you follow a Paleo Diet this book is not for you.

Healthy Food – Healthy Life We have gathered together our favourite paleo recipes with different vegetables which gives different tastes and flavors. They are easy and versatile dishes packed with nutrition and help to lower our cholesterol. All of these recipes are the most loved dishes in south Indian cuisine. They are highly rich in Protein and Iron which is very much essential for the pregnant ladies, kids and the old people. These Indian vegetarian paleo recipes with all its Indian Spices and flavors give a very good taste. They are very delicious and easy to cook which everyone loves to have it.