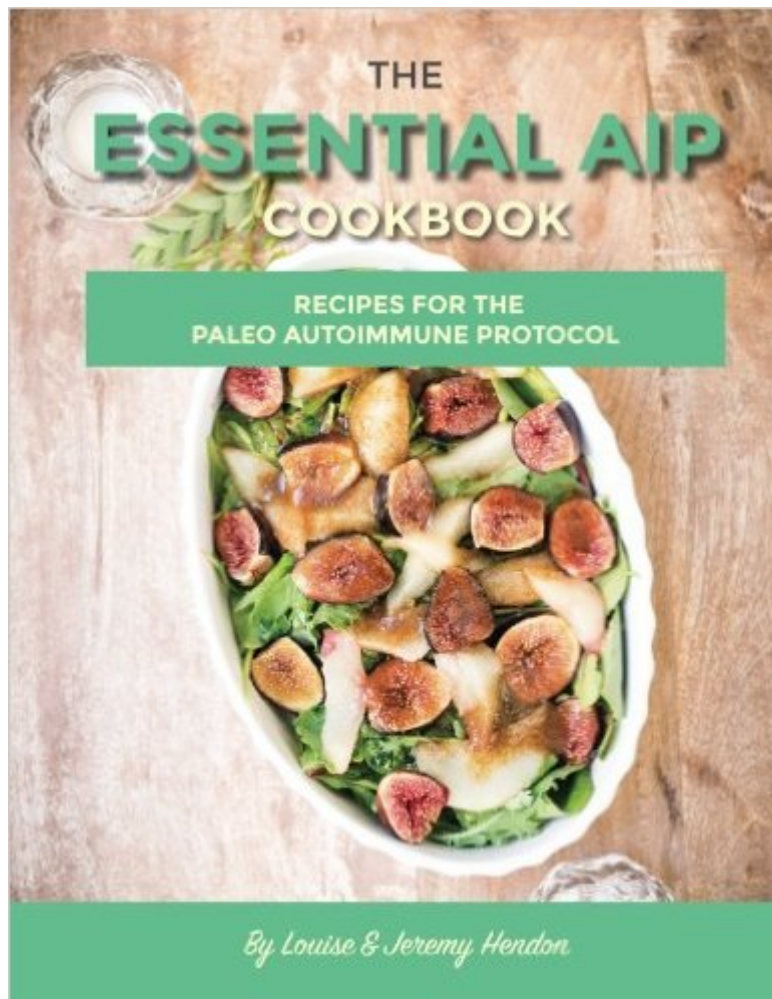


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# The Essential AIP Cookbook: 115+ Recipes For The Paleo Autoimmune Protocol Diet



## Synopsis

**115+ FULLY-COMPLIANT AIP RECIPES, 4-WEEK AUTOIMMUNE PROTOCOL MEAL PLAN, AND COMPREHENSIVE AIP DIET FOOD LIST (Full Color Version) MAKING THE PALEO AUTOIMMUNE PROTOCOL EASIER FOR YOU** Like millions of other people, I had an autoimmune condition that just kept getting worse and worse. Through diet, nutrition, and learning to care for my body (and mind), I've sent my autoimmune condition into remission. And I'd love to help you do the same. The Paleo Autoimmune Protocol (AIP) is not an easy diet to implement. It's confusing what foods to avoid, and it's tough to find delicious recipes that don't include non-AIP ingredients. That's why this cookbook is designed to be 100% AIP-compliant so you don't have to worry about figuring out what to eat for your next meal! All the recipes are made with easy-to-find ingredients and don't include any eggs, nightshades, nuts, seeds, dairy, grains, soy, peanuts, other legumes, etc. So all the recipes in The Essential AIP Cookbook are also friendly to those looking for dairy-free, gluten-free, nut-free, or egg-free recipes. Plus, included in the book is also a detailed AIP FOOD List and a 4-week AIP MEAL PLAN. Inside the Essential AIP Cookbook, you'll find the following:

- 200+ Pages of Recipes (with over 115 recipes covering Breakfast, Appetizers, Entrees, Sides, Drinks, Snacks, Breads, and Desserts)
- Delicious healthy and allergen-free recipes like Banana Pancakes, Garlic Cauliflower Naan, Korean BBQ Beef, Beets Chili, Arrowroot Battered Fish, and 100+ more AIP-compliant recipes
- No Grains, Processed Foods, Soy, Peanuts, Other Legumes, Dairy, Eggs, Nuts, Seeds, Nightshades
- 100% compliant with Sarah Ballantyne's version of the Paleo Autoimmune Protocol (as described in The Paleo Approach book)
- Suitable for those on an Allergen-Free diet, Gluten-Free diet, Paleo diet, as well as the AIP diet

If you're looking for an autoimmune paleo cookbook to help your body heal, then this is the book for you.

## Book Information

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## Customer Reviews

Some great information for someone newer to the idea of eating better for autoimmune disorders...I don't like the idea, though, of so much usage of the microwave. I know many readers may disagree, but I don't think they should be used much, if at all. Aside from that, there are some quick, easy, tasty new combinations that we are enjoying

Louise Hendon explains the AIP protocol in easily understood language. The recipes are quick and easy to make with few ingredients. I've tried several so far and can highly recommend Baked Parsnip Fries and Berry Jello. The bone broth recipe is simple and delicious. I would highly recommend this book!

Louise's cookbook is great if you're looking for simple, delicious autoimmune recipes that turn out well every time. I'm very busy, and it's tough to spend hours on complicated recipes. There aren't many autoimmune cookbooks out there, but I'm very glad I got this one.

This is an interesting collection of recipes, with some really creative combinations, not the same old tired recipes. As promised in the intro they are easy to cook and most use ingredients you can find in any grocery. This would be a great book for anyone learning to cook healthy, whether they follow a paleo diet or not. The only negative for me is that the link to disallowed foods does not work with my kindle.

You can't afford NOT to get this Kindle book! It's inexpensive -- the cost of an app on iTunes. The recipes here are fast & easy. As a chef I have to think of how to cook for someone who has autoimmune issues. This text shows how to kick-start your process. It's a variation of a Paleo diet to help those with autoimmune diseases. Picture yourself in a busy kitchen and a customer tells you about his/her diet restriction due to an autoimmune condition. Here is the answer. Take a recipe and add your special touch to it (avoiding items that are on the protocol list) and you have dazzled your customer with your inventiveness and sensitivity. They come back. And tell their friends.

Wish it contained more recipes without high sugar fruits. There are a couple recipes that I will be trying though!

I love this book! Most AIP books have recipes that are too complicated, or use too many ingredients that are hard to find, or that my family won't eat. Not this one! Kid friendly, incredibly simple recipes, and my entire family with varying special dietary needs can eat every single recipe in this book! It truly doesn't have a single recipe with dairy, nuts, eggs, soy, grains, or nightshades! Can't say enough about this book!

This is a great info/cookbook for those wanting to start a Autoimmune Paleo program without needing to do a ton of research. It hits on all of the important points so you have a clear understanding. Plus, the recipes are simple, tasty, and awesome! Great resource.

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