



Paleo Takeout: Restaurant Favorites Without the Junk

By Russ Crandall



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New York Times Bestseller

Wildly popular food blogger and critically acclaimed author of *The Ancestral Table* returns with over 200 weeknight-friendly dishes that taste so good, you'll finally throw out that emergency stack of takeout menus hiding in your kitchen drawer.

Despite knowing full well that most restaurant and take-out foods are churned out at a rapid pace using unhealthy ingredients laden with chemicals and additives, most of us can't seem to shake the desire for even just a taste. Not to mention that nothing is easier than picking up takeout, hitting the drive-thru, or ordering delivery, but at what cost? *Paleo Takeout: Restaurant Favorites without the Junk* delivers much healthier but equally satisfying alternatives, offering delectable recipes that mimic the flavors of our drive-thru and delivery favorites--Paleo style! Russ Crandall teaches you step-by-step how to prepare each meal in under an hour--leaving no sacrifice of taste *or* time.

In *Paleo Takeout*, Crandall re-creates everyone's favorite takeout meals using wholesome ingredients and some seriously inventive techniques giving you the opportunity to revisit your favorite restaurant classics, with all of the gratification and none of the regret!

Inside *Paleo Takeout*, you'll find over 200 recipes inspired by beloved restaurant experiences: Chinese, Korean, Japanese, Thai, Vietnamese, Indian, Italian, Mexican, Greek, and American cuisines are all represented. Looking to re-create your local Chinese joint's best dishes? Choose from over 25 takeout favorites, like Sweet and Sour Chicken, Beef and Broccoli, Egg Foo Young, Char Siu, Chow Mein, and Spring Rolls. In the mood for curry tonight? Take your pick among your favorite Thai, Indian, and Japanese curry dishes. How about game-day wings made in 20 different ways, pizza that's better than delivery, or quick and easy burrito bowls? We've got you covered and then some.

Using the same simple techniques that he learned while working in the restaurant industry, Crandall teaches you how to build a full-course meal in less than an hour. Simply put, *Paleo Takeout: Restaurant Favorites without the Junk* proves that eating right in a way that satisfies even the choosiest of healthy eaters is not only possible, but also a lot of fun!

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Editorial Review

About the Author

Russ Crandall is the talented home chef behind *The Domestic Man*, a leading food blog in the Paleo, gluten-free, and whole foods communities. In his 20s he suffered a number of life-threatening illnesses, was diagnosed with a rare autoimmune condition--and was sent home with a lifetime's worth of medications. Disenchanted with modern medicine, Russ started searching for his own answers and quickly discovered that eating a gluten-free, nutrient-rich diet alleviated most of the medical issues that had plagued him for years.

Taking cues from traditional cuisines, *The Domestic Man* inspires readers to look to historical recipes for that ever-elusive key to health. His work has been featured in *People Magazine*, *Food & Wine*, and was nominated by *Saveur Magazine* as one of the Best Food Blogs of 2013. He released his debut cookbook, *The Ancestral Table: Traditional Recipes for a Paleo Lifestyle*, through Victory Belt Publishing in February 2014.

Users Review

From reader reviews:

Andre Todd:

Book is to be different for each and every grade. Book for children until eventually adult are different content. As you may know that book is very important normally. The book Paleo Takeout: Restaurant Favorites Without the Junk had been making you to know about other understanding and of course you can take more information. It is extremely advantages for you. The guide Paleo Takeout: Restaurant Favorites Without the Junk is not only giving you much more new information but also to get your friend when you truly feel bored. You can spend your personal spend time to read your publication. Try to make relationship using the book Paleo Takeout: Restaurant Favorites Without the Junk. You never really feel lose out for everything when you read some books.

Fern Marshall:

The knowledge that you get from Paleo Takeout: Restaurant Favorites Without the Junk will be the more deep you looking the information that hide within the words the more you get considering reading it. It doesn't mean that this book is hard to understand but Paleo Takeout: Restaurant Favorites Without the Junk giving you excitement feeling of reading. The article author conveys their point in a number of way that can be understood by means of anyone who read the idea because the author of this reserve is well-known enough. This specific book also makes your personal vocabulary increase well. So it is easy to understand then can go with you, both in printed or e-book style are available. We highly recommend you for having this specific Paleo Takeout: Restaurant Favorites Without the Junk instantly.

Nancy Leto:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their free time with their family, or their own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Might be reading a book is usually option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the publication untitled Paleo Takeout: Restaurant Favorites Without the Junk can be great book to read. May be it could be best activity to you.

Norma Brier:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them household or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that's look different you can read a new book. It is really fun for you personally. If you enjoy the book that you read you can spent all day long to reading a e-book. The book Paleo Takeout: Restaurant Favorites Without the Junk it is rather good to read. There are a lot of those who recommended this book. They were enjoying reading this book. In the event you did not have enough space to create this book you can buy often the e-book. You can m0ore simply to read this book through your smart phone. The price is not very costly but this book features high quality.

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