



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

*Louise Hendon , Jeremy Hendon*

[Download now](#)

[Read Online](#) 

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

*Louise Hendon , Jeremy Hendon*

**The Essential AIP Cookbook: 115+ Recipes for the Paleo Autoimmune Protocol Diet** Louise Hendon , Jeremy Hendon

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.

## The Essential AIP Cookbook: 115+ Recipes for the Paleo Autoimmune Protocol Diet Details

Date : Published March 10th 2016 by J&I Publishing LLC

ISBN : 9781941169087

Author : Louise Hendon , Jeremy Hendon

Format : Paperback 202 pages

Genre :

 [Download The Essential AIP Cookbook: 115+ Recipes for the Paleo ...pdf](#)

 [Read Online The Essential AIP Cookbook: 115+ Recipes for the Pale ...pdf](#)

**Download and Read Free Online The Essential AIP Cookbook: 115+ Recipes for the Paleo Autoimmune Protocol Diet Louise Hendon , Jeremy Hendon**

---

## **From Reader Review The Essential AIP Cookbook: 115+ Recipes for the Paleo Autoimmune Protocol Diet for online ebook**

The Essential AIP Cookbook: 115+ Recipes for the Paleo Autoimmune Protocol Diet Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Essential AIP Cookbook: 115+ Recipes for the Paleo Autoimmune Protocol Diet Louise Hendon , Jeremy Hendon books to read online.