



# Paleo Takeout: Restaurant Favorites Without the Junk

*By Russ Crandall*

**Paleo Takeout: Restaurant Favorites Without the Junk** By Russ Crandall

*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!

## **Paleo Takeout: Restaurant Favorites Without the Junk** By Russ Crandall Bibliography

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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:

##### Sandy Holiday:

This Paleo Takeout: Restaurant Favorites Without the Junk book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is actually information inside this guide incredible fresh, you will get info which is getting deeper an individual read a lot of information you will get. This specific Paleo Takeout: Restaurant Favorites Without the Junk without we know teach the one who looking at it become critical in considering and analyzing. Don't always be worry Paleo Takeout: Restaurant Favorites Without the Junk can bring any time you are and not make your carrier space or bookshelves' turn out to be full because you can have it in your lovely laptop even phone. This Paleo Takeout: Restaurant Favorites Without the Junk having excellent arrangement in word along with layout, so you will not really feel uninterested in reading.

##### Walter Crouse:

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