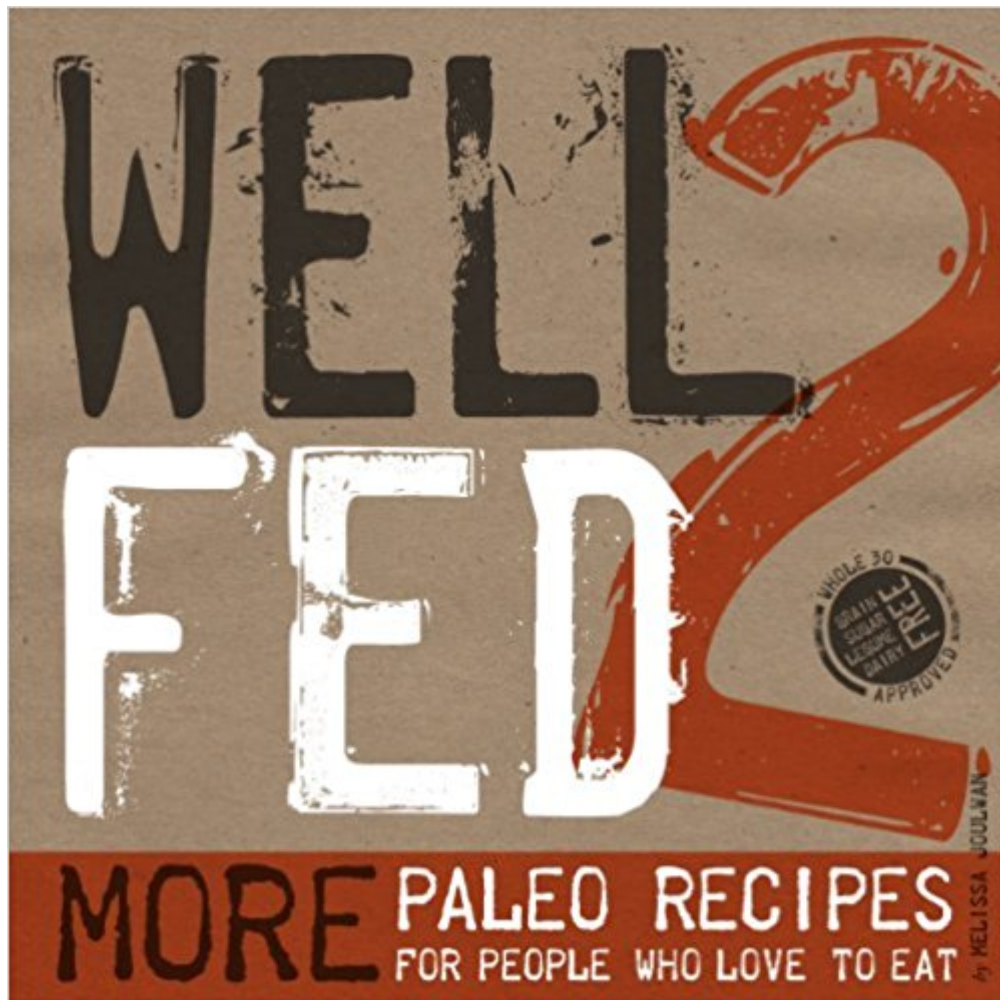




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# Well Fed 2: More Paleo Recipes For People Who Love To Eat



## Synopsis

Well Fed 2: More Paleo Recipes For People Who Love To Eat is the follow-up to the deliciously popular Well Fed -- by "The Clothes Make The Girl" blogger Melissa Joulwan -- and it's packed with even more internationally-inspired recipes, mouth-watering photos, and easy meal ideas. All 200 recipes and Quick Meal ideas in Well Fed 2 are made with zero grains, legumes, soy, sugar, dairy, and alcohol -- without sacrificing fun and flavor. The recipes are easy to prepare and were tested extensively so they work every time -- and so you don't have to spend all your free time in the kitchen. Includes 200 recipes, variations, and Quick Meal ideas Well Fed 2 includes 110 original recipes, plus 45 of Melissa's popular "You Know How You Could Do That" variations. You'll also find 44 Quick Meal ideas (no recipe required!) and tips for turning individual dishes into multi-course meals. More than recipes The book opens with information to help readers manage their relationship with food, including ways to identify emotional appetite versus true hunger, 30 reasons to do a Whole30, tips for socializing while keeping good habits, and a call to action to develop the best version of themselves. International cuisine made healthier Paleo can seem restrictive, so a broad array of international recipes have been paleo-ized for delicious flavor without sacrificing good nutrition, including Deconstructed Gyro, Thai Basil Beef, Chinese Five-Spice Pork Ribs, Lemon Lamb Tagine, Tod Mun Chicken Cakes, Belly Dance Beet Salad, Garlic Creamed Spinach, Sesame Cucumber Noodles, and even Banana Pecan Ice Cream. Burgers, Balls & Bangers Inspired by international sausage flavors, these 15 meatball recipes can also be shaped into patties or sausages, then grilled, baked, or pan-fried. It's exponential meat goodness! Quick Meals Ideas for meals and snacks that don't require a recipe, but add zing to everyday eating for paleo newbies and veterans. AIP Adaptations More than 100 of the recipes and Quick Meal ideas in Well Fed 2 can easily and tastily be modified to comply with the autoimmune protocol of paleo. The book includes detailed instructions for adapting the recipes for people who need to take extra care. Whole30 Approved All of the recipes are approved for use during a Whole30 ([whole9life.com/category/whole-30](http://whole9life.com/category/whole-30)) except the Sweet Potato "Waffle" and the Banana Pecan Ice Cream. Global Alliance for Clean Cookstoves The PDF version of the book is available for \$1 to everyone who buys a printed copy. Those dollars will be donated to the Global Alliance for Clean Cookstoves, an organization devoted to getting clean cooking methods into the kitchens of developing countries. Well Fed 2 proves that the Paleo diet -- too often defined by what you give up -- is really about what you gain: good health, a light heart, and memorable meals to share with the people you love.

## Book Information

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## Customer Reviews

**Meet Melissa** Melissa Joulwan is the author of the best-selling Well Fed cookbook series and her award-winning paleo blog, where she writes about her triumphs and failures in the gym, in the kitchen, and in life. Her books have appeared on the Wall Street Journal and Washington Post bestsellers lists, she's a columnist for Paleo Magazine, and she's been a featured chef for US Wellness Meats, Lava Lake Lamb, and Whole Foods.

**200 recipes, variations, and Quick Meal ideas** Well Fed 2 includes more than 150

Whole30-approved recipes, plus 44 Quick Meal ideas (no recipe required!), tips for turning individual dishes into multi-course meals, and the fan-favorite Burgers, Balls & Bangers section.

**International cuisine made healthier** Paleo doesn't feel restrictive with recipes like Deconstructed Gyro, Chinese Five-Spice Pork Ribs, Oven-Fried Salmon Cakes, Lemon Lamb Tagine, Tod Mun Chicken Cakes, Belly Dance Beet Salad, Garlic Creamed Spinach, Sesame Cucumber Noodles, and even Banana Pecan Ice Cream. **Whole30 Approved & AIP Adaptations**

The recipes are Whole30 approved, and more than 100 of the recipes can easily and tastily be modified to comply with the autoimmune protocol of paleo. The book includes detailed instructions for adapting the recipes for people who need to take extra care.

**What People Are Saying** "Mel Joulwan has done it again: a beautifully designed, inspirational, educational cookbook filled not only with her trademark fantastic recipes, but also loaded with her wit and warmth." —Mark Sisson, Publisher of Mark's Daily Apple and

Founder of Primal Kitchen. "Melissa's done the impossible: she managed to improve on Well Fed, the most dog-eared, sauce-splattered, well-loved resource in my kitchen. I could cook out of this extraordinary book every single day." —Michelle Tam, New York Times bestselling author of Nom Nom Paleo: Food For Humans. "Trust us when we say these are not just recipes, and this is not just a cookbook. The information contained here ignites your spark and will change your life the way it's changed so many others."

—Melissa & Dallas Hartwig, New York Times bestselling authors of It Starts With Food. "From tips on eating out to a heartfelt discussion on emotional eating, stocking your paleo pantry, homemade condiment recipes, proteins, vegetables and side salads, even a few fruit desserts, this book has all its bases covered. Melissa is a creative and daring cook and her recipes will inspire you."

—Hilah Johnson, host of Hilah Cooking.

"Mel Joulwan has done it again: a beautifully designed, inspirational, educational cookbook filled not only with her trademark fantastic recipes, but also loaded with her wit and warmth. Mel inspires me to keep doing what I do. She fully lives -- and LOVES -- the Primal/paleo lifestyle." -- Mark Sisson, author of The Primal Blueprint, publisher of MarksDailyApple.com

"Melissa's done the impossible: she managed to improve on Well Fed, the most dog-eared, sauce-splattered, well-loved resource in my kitchen. No matter if you're cooking to impress a crowd or just yourself, Well Fed 2 offers everything a real food lover could hope for in a cookbook: international flavors, inventive tips, vivid stories, and stunning photography that dances off the page. I could cook out of this extraordinary book every single day." -- Michelle Tam, author of Nom Nom Paleo: Food For Humans and the web site nomnompaleo.com

"For those of you who have already begun to live a better life thanks to the first Well Fed, welcome back! Here, you'll find enough recipe variations, inspiration, and excitement to propel you even further down your own individual path of health and happiness. For those who are starting with Well Fed 2, you are about to embark upon a journey. Trust us when we say these are not just recipes, and this is not just a cookbook. The information contained here ignites your spark -- and will change your life the way it's changed so many others." -- Melissa and Dallas Hartwig, authors of the New York Times best seller It Starts With Food

"Melissa Joulwan's second cookbook Well Fed 2 is a delight to read, to look at, and to cook from. Not only does it contain literally hundreds of new recipes and ideas for the paleo cook, it's also a straight-forward and honest composition about what it means to eat paleo and how you can be the healthiest and best version of yourself. As anyone familiar with her writing or her home-cooked meals would tell you, Melissa goes hard or not at all, and Well Fed 2 is no exception. From tips on eating out to a heartfelt discussion

on emotional eating, stocking your paleo pantry, homemade condiment recipes, proteins, vegetables and side salads, even a few fruit desserts, this book has all its bases covered. Melissa is a creative and daring cook and her recipes will inspire you; in fact, creating your own variations is strongly encouraged through the "You know how you could do that?" feature on almost every recipe. With its delectable recipes, beautiful photos, clear instructions, and cooking tips galore, Well Fed 2 will be at home in any kitchen and will doubtless become a classic." -- Hilah Johnson, star of the internet TV show Hilah Cooking ([hilahcooking.com](http://hilahcooking.com)) "From the Cincinnati Chili to a wonderfully simple Banana Pecan Ice Cream, the recipes in Well Fed 2 are so tempting you'll want to make them whether you're committed to a Paleo diet or just want to incorporate more whole foods into your diet. (And probably even if you don't.)" -- --Jennifer Reese, author of *Make the Bread, Buy the Butter: What You Should and Shouldn't Cook from Scratch*"I think my favorite part about Melissa's new cookbook Well Fed 2 is that it's a paleo cookbook that's actually paleo. Wait, no! My favorite part is that her attitude is as spicy as her recipes. Wait, no! Really my favorite part is that the playlist on page 30 includes half my favorite songs from high school. I love this book for about a hundred different reasons, and I'm ridiculously excited that it exists. On a serious note, it's wonderful to see a paleo cookbook that isn't full of honey, maple syrup, and molasses. These are legit paleo recipes, and they are legitimately tasty too. Melissa's recipes are unique and so is her personality. --Becca Borawski Jenkins, Managing Editor, [BreakingMuscle.com](http://BreakingMuscle.com)

Melissa Joulwan is the author of the best-selling Well Fed cookbook series and the award-winning blog [MelJoulwan.com](http://MelJoulwan.com), where she writes about her triumphs and failures in the gym, in the kitchen, and in life. Her newest cookbook is *Well Fed Weeknights: Complete Paleo Meals in 45 Minutes Or Less*. After a lifetime of yo-yo dieting and food as the enemy, Melissa found the paleo diet in 2009 and has been happily following it ever since. That year, she also underwent a thyroidectomy. In the aftermath of the surgery and recovery, she became particularly interested in how diet affects hormones, body composition, mood, and motivation. These days, Melissa's workouts are just as likely to include yoga and meditation as lifting heavy things and sprinting to stay ahead of the stopwatch. Her first cookbook Well Fed appeared on the Wall Street Journal best sellers list, and Well Fed 2 was named one of the best books of 2013 by [.com](http://.com) and was a Washington Post best seller. Melissa is the author of the recipes in the New York Times bestselling book *It Starts With Food* by Melissa and Dallas Hartwig. She writes a column for Paleo Magazine and her recipes have been featured in print in *Low Sugar Living*, *Inspire Health*, and *Where Women Cook*, and online at [Buzzfeed.com](http://Buzzfeed.com), [FoodNetwork.com](http://FoodNetwork.com), [Nylon.com](http://Nylon.com), [PopSugar.com](http://PopSugar.com), and *Men's Journal*. She has been a

featured chef for U.S. Wellness Meats and Lava Lake Lamb, as well as an instructor at Whole Foods. Melissa, her husband David, and their cat Smudge are all currently living in Prague, Czech Republic where they're learning to adapt Czech and European cuisine to fit the paleo framework.

Melissa Joulwan did it again!! Well Fed 2 somehow manages to rise above the excellence that is the first Well Fed. The recipes seem more diverse and the beginning of the book is packed full with all kinds of non-recipe meal ideas including lots of ways to dress up your eggs, burgers, and broccoli. The book is also about 1/3 larger than the first one but still kept to a manageable size. I cannot stand big behemoth cookbooks with only a handful of recipes I want to actually make. I love that these books are light, portable, and they don't take up too much counter space. Lately I've been kind of obsessed with making condiments. I was delighted to see that there is an entire section of condiments and every single one of them looks mouthwatering. Including quite a few ways to jazz up your basic mayo recipe. Before I ever cooked a thing I read it front to back like a novel. The recipes are so full of interesting flavors that pop off the page and make your mouth water. Little personalized touches, stories, and anecdotes make each one even more special. The photos are stunning! Even better than the first book. They are more colorful, brighter, and they make you want to eat!! Like calorie and carb free appetizers! :) You can also rest assured that no matter how mouthwatering and delectable these recipes are every single one of them is squeaky clean Paleo. Like W30 approved squeaky clean. Well, except for one or two treats. Now I'm totally down for the occasional Paleofied treat but I already have umpteen million recipes for them not to mention the internet is full of ideas for every single kind of Paleo brownie, cookie, pie, or cake you can think of. Treats definitely have their place in a healthy lifestyle but what we really need is more cookbooks packed with delicious but clean eats! Which is exactly what we get with Well Fed. So cook, eat, and rest assured that you are nourishing both your soul and your body as you do so. I got my book last Thursday so had time to look it over and narrow down the first batch of recipes to try. I do a big cookup every weekend so the timing couldn't have been more perfect. Now for the most important part! How the food actually tasted! Here is what I made so far: Pina Colada Chicken: Such an interesting combination of flavors. It works. This dish is spectacular. I'm not sure if it is supposed to be a stir fry or stew but mine came out pretty saucy. Next time I'm cutting the coconut milk in half. I can tell though that this is going to be a staple from now on. Oven Baked Salmon Cakes: Super fast, super easy, and super delicious. I served them with the Remolade sauce in the jazzed up mayo section. A-mazing! I made a bunch and froze them for super fast meals later. Old School Meat Sauce: This was a project to make. It is a dish that you put your heart and soul, and a good chunk of

an afternoon, into. Although it was my least favorite of all the recipes so far it is still very good. I just prefer a lighter brighter tasting marinara whereas this is rich, earthy, and herbaly tasting. It is delicious though and my bf and his friends devoured it then went back for seconds. Good thing the recipe made a ton. I doubled the meatballs as one pound of meatballs for all that sauce wasn't near enough. At least not in my house. Ooh I have to say that the Italian sausages after being browned and simmered for hours in that sauce were delectable! I don't think I've ever tasted a more delicious Italian sausage. I set them aside for me without telling anyone! My little secret. :) Moroccan Chicken and Apricot Meatballs: A huge hit here!! I love the entire Burgers, Balls, and Bangers section. A lot of the recipes use ground pork, one of my most favorite protein choices, so this was right up my alley. My bf and brother devoured the entire recipe, I got to at least taste two of the meatballs, so I had to make more. This recipe inspired me to make a slightly different take on it but with pork and I added some 100% apricot preserves, Lebanese Spice mix, and used pistachios. I love when a cookbook inspires me to take an already amazing recipe and put my own spin on it and come with something equally amazing. It's like paying for one recipe and getting a bunch more! And the trick with water, cream of tartar, and baking soda is genius and makes for soft tender meatballs. Love it! Deli Tuna Salad: This is tuna salad taken up five or ten notches! I cannot describe the delicious mouthful of flavor you get from this recipe. And it was so ridiculously fast to put together. I will be eating this for lots of lunches this week. On jicama slices! Tabbouleh: This recipe is not just good. It's life changing I want to eat tabbouleh every day until I die good!! Easily my favorite recipe and I know it will be a staple. The thing is I never even really liked regular wheaty tabbouleh before going Paleo but something about the beautiful picture and the description of this recipe made me try it. I'm so glad I did. Initially I thought it called for too much mint and parsley so I halved the amount. Then tasted it and went ahead and added the full amount. That taught me not to mess with perfection! Belly Dance Beet Salad: I'm not sure I've ever tasted anything with beets in it that wasn't delicious. They have been one of my most favorite foods since childhood. This recipe takes the classic beet and orange combination for a spin. A savory sweet spicy cuminy cinnamony spin! Delicious! Lizard Sauce: This instantly became a new staple condiment in my house. It is spicy but not hot. It has such a depth of bright but smokey earthy flavor to it. The first things I'm using it on are eggs and a burger topped with lizard sauce and guacamole. Almost Amba: Love!! I dipped my morroccan apricot meatballs in this. I never would have come up with this combination of flavors on my own. This is going to be my new veggie dip instead of Paleo ranch for a while. Lebanese and Jerk Spice Mixes: Delicious and amazing flavor combinations. I never really liked jerk chicken but this jerk mix is incredible. So as you can see I cooked up a storm this weekend! Everything was

delicious and a hit. Honestly there are a lot of mediocre Paleo cookbooks out there. I know because I have almost all of them. They all get the same five star reviews from professional bloggers looking to drum up publicity for their blogs. I think it's great that the Paleo community supports each other in this way but it leaves regular non-professional paleoers like myself at a loss to find credible reviews by people who actually cook the food in the books. Not to worry with either of the Well Fed books. They are packed full of creative interesting flavors yet are accessible and doable for even beginner cooks. These books truly are gems in the Paleo cookbook genre and I couldn't recommend either of them more.

I was diagnosed with Type 2 diabetes in May 2013. Was told by my family Doctor to drop 60 lbs (minimum) by end of October! He also recommended to join Weight Watchers. I had followed Weight Watchers lost some weight only to gain it all back...with extra weight :( So I went to see a Naturopath; who recommended to follow a Paleo Life Style. Read only good reviews about Fed 2, so I decided to give it a try. Love everything about this book. It is organized. Easy to follow. Recipes taste good. My son and husband were a little worried when I told them I would start cooking Paleo.....but I have only gotten raves over the recipes I have cooked from this book. Thank you so much "Melissa Joulwan". You have inspired me to cook and try new recipes; and I look forward to trying them ALL out! Thanks once again you are definitely God sent. Bless you. By the way....it is now November 29, 2013. I have lost a total of 47lbs to date. My numbers for my Triglycerides are back to normal. My HDL (good) cholesterol is up! Which is good. My LDL (bad) cholesterol is down.....which is great! The good news is that I am NO longer Type 2 Diabetic.

The Zesty Ginger Dressing alone is worth the price of the book! Having been a type 2 diabetic for 20 years and still off insulin I am a serious and avid reader of all new healthy cooking ideas. I've been Paleo for four years. Most of the time I 'sin' on vacation and eat croissants and drink lots of wine. But since reading this book and trying many of the recipes I didn't crave the wine and croissants this last vacation. I added a dash of Stevia to the zesty ginger dressing and it makes all the difference to my taste buds. The tip about combining cream of tartar, baking soda and water to add to sausage meat to help keep it light and still crusty on the outside is the best idea I've read in years!!! Adding coconut flour or almond flour as suggested in many Paleo cookbooks just made the sausage so heavy! I made the WELL FED 2 sausage with the 'tip' with fresh garlic, fresh parsley, a dash of cider vinegar and different spices, baked it and WHAT a success! Tender, juicy, light, but still crisp on the outside. This tip along with the zesty ginger dressing will now become a part of my daily cooking. I'm



going to toss my twenty years of cookbooks and just use this one as every recipe so far has been super tasty. What a great cookbook!

Great recipes and ideas! Also, a reference on how to modify recipes for Paleo Autoimmune diet. I went on this diet for an autoimmune condition. Before this book, everything tasted like cardboard. Now I make wonderful meals that all my friends and children love. Despite eating all the time, I lost 20 pounds in less than 3 weeks and have kept the weight off. I feel healthy and wonderful.

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