



Everyday Paleo Around the World: Italian Cuisine: Authentic Recipes Made Gluten-Free

Sarah Fragoso

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Sarah Fragoso is taking Paleo around the world. First stop: Italy!

Part travelogue, part lifestyle guide, this is not just another Italian cookbook. In *Everyday Paleo Around the World: Italian Cuisine*, Sarah has perfected the art of Italian cooking for the Paleo or gluten-free family—all 100 amazingly delicious, truly authentic recipes are grain-, dairy-, and legume-free.

The recipes are drawn from Sarah's travels throughout Italy, where she spent time learning from—and cooking with—top chefs, home cooks, and local farmers. Because of the variety of her experiences, she has much more to share than just recipes. *Everyday Paleo Around the World: Italian Cuisine* provides an intimate look into the lives of the Italian people and their unique food-centered culture. Immerse yourself in the simple pleasure of eating what's in season and often growing right outside the doorstep, grazing in the fields, or swimming in the sea nearby. Discover the value of slowing down and savoring the whole process, from the initial gathering of the ingredients to enjoying the people around the table as much as the food on your plate. This sensibility is what makes *Everyday Paleo Around the World* not just a cookbook, but a perspective-shifting gem, sure to inspire great dinners and dinner conversation!

As an added bonus, Sarah shares tips for anyone planning a trip to Italy: learn the best ways to navigate the country and stay Paleo and gluten-free during your travels. Grab your passport, pack your suitcase, and join the Fragoso family on a mouth-watering Paleo adventure in Italy!

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