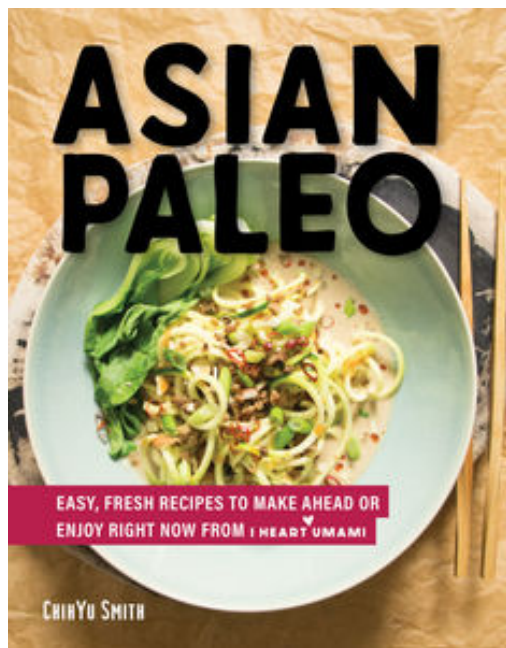


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# Asian Paleo: Easy, Fresh Recipes To Make Ahead Or Enjoy Right Now From I Heart Umami Read EBooks PDF English ChihYu Smith



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Creator of the popular food blog I Heart Umami, ChihYu Smith celebrates her Chinese and Taiwanese heritage and turns favorite Asian recipes into healthy, flavorful Paleo meals. In Asian Paleo, she shares 75 fresh, bold recipes inspired by her favorite dishes from China, Japan, Thailand, Vietnam, and beyond.

Here, Smith helps readers find the perfect dish for any occasion. She includes easy meals, fun and festive weekend options, batch cooking for when there's time to plan, and sides and sauces. You'll want to try them all, from Low-Carb

Chinese Scallion Pancakes and Brisket Pho to takeout classics like Sweet-and-Sour Chicken, Kung Pao Chicken, and sizzling hot Pepper Steak stir-fry. Each dish is free of gluten, wheat, soy, and sugar.

With a meal prep section with shopping lists and make-ahead instructions, clever tips and tricks, and vibrant photographs for every recipe, Smith makes healthy Asian cooking totally, deliciously Paleo.

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