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Anna, in 2010 and  
Ideal Mealz, a service  
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meals affordably and  
efficiently, in 2011. She  
is the author of The  
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Conrad] -- By now we

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and overall well-being.

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We've been successful

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with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more.

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In this book, readers will find more than one hundred recipes for amazing desserts that will leave you feeling satisfied, energized, and healthy. When chef and caterer Anna Conrad was asked to provide paleo recipes for a fitness group's

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twenty-eight-day paleo challenge, she was a little skeptical.

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caveman diet is good  
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bit depressing for your  
taste buds

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By now we all know  
that the paleo diet  
yields amazing results  
for weight loss and  
overall well-being. But  
even the most health-



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conscious among us  
want to treat ourselves  
once in a while to  
something sweet and  
indulgent. What if we  
could indulge without  
cheating on the diet?

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About the Paleo  
Breakfast Bible  
Program. Bacon and  
eggs. Need I say more?  
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recipes that use fresh,  
natural ingredients. In  
fact, you get 101  
insanely scrumptious  
recipes that will  
actually give you the  
energy and nutrients  
you need to get  
through the day.

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desserts. [Anna  
Conrad] -- Presents

over one hundred  
recipes for grain-free  
and dairy-free cakes,  
brownies, cookies,  
milkshakes, and  
mousses, and includes  
recipes for almond  
butter pie, lime sugar  
cookies, raspberry  
streusel

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Anna Conrad is the author of The Paleo Cookbook (3.72 avg rating, 61 ratings, 8 reviews, published 2014), The Paleo Bread Bible (3.32 avg rating, 25 rati...

**Anna Conrad (Author  
of The Paleo  
Cookbook)**



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If dinner has no  
dessert, is it really a

meal? Hell no! But  
when you're following

a Paleo diet, it can feel  
like there's a real lack  
of dessert

options. Don't stress,  
sweet fiends, we've ...

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