



# Everyday Paleo: Thai Cuisine: Authentic Recipes Made Gluten-free

By Sarah Fragoso

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**Everyday Paleo: Thai Cuisine: Authentic Recipes Made Gluten-free** By Sarah Fragoso

Sarah Fragoso is taking Paleo Around the World – next stop Thailand!

Sarah Fragoso's travel adventures continue in the second installment of the *Everyday Paleo Around the World* series. This time, she took the Fragoso family to Thailand. In this epic book of travel adventures, food, and fun, you will find 100 recipes from numerous regions in Thailand, from the lush jungles of the north to the sultry beaches of the south and many places in between. Thai food is a beloved cuisine, and Sarah learned straight from the source the traditions that make Thai food so special—and delicious. In this book, she teaches you how to make these authentic dishes entirely free of grain, gluten, dairy, and legumes. Sarah had the opportunity to work side by side with restaurant chefs, home cooks, street vendors, and resort chefs, all with unique culinary perspectives, interesting stories, and amazing food. *Everyday Paleo Around the World: Thai Cuisine* brings it all home to you. You will find everything from homemade curry pastes to fresh spring rolls, amazing egg dishes, and tropical desserts. Get ready to lose yourself in the culture, food, and magic that is truly Thailand—you will be sure to impress your family and guests with this amazing food! As an added bonus, Sarah shares tips for anyone planning a trip to Thailand: 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 mouthwatering Paleo adventure in Thailand!

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#### **About the Author**

Sarah Fragoso, bestselling author of Everyday Paleo, The Everyday Paleo Family Cookbook, and Paleo Pals has a strong passion for helping others acclimate and succeed on the Paleo diet and has done so globally with her extremely successful Paleo recipe and advice blog. Fragoso is a certified Level 1 Crossfit Trainer, as well as a highly sought after strength and conditioning coach at Norcal Strength and Conditioning, one of America's top 30 gyms as rated by Men's Health Magazine. Fragoso is at the forefront of the Paleo movement and the leader in successfully helping families live Paleo. [www.everydaypaleo.com](http://www.everydaypaleo.com)

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