



# Paleo Grilling: A Modern Caveman's Guide to Cooking with Fire

*Tony Federico, James William Phelan*

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The Paleo diet is all about getting back to the basics; eating food in its most simple, unprocessed form, just like our ancestors. What could be more primal than cooking meat over a fire? This book, from Tony Federico and Chef James Phelan, features more than 100 recipes for grilling, smoking, and searing natural, locally farmed beef, chicken, pork, and wild game over fire. *Paleo Grilling* will help you to choose the best meats for any meal, and offers both innovative new recipes as well as internationally inspired dishes, including desserts and sides, suitable for the modern caveman.

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