

A beginner's Paleo cookbook for feminists, parents, and bicyclists

Paleo for Unicorns

Eat the Patriarchy

By Amy Subach

From the book:

“Books about diet and health often make the reader feel less-than, like they need to change. Where is the desire to change coming from? Is it from feeling sick, or unhealthy? Do you want to change because you love yourself and you want yourself to be happy? I hope so! It is a perpetual challenge for me to love and accept myself in the capitalist, patriarchal, racist, imperialist society we live in. As the bad-ass Audre Lorde has said, ‘Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.’ Please accept this book is a guideline for how you can better love and care for yourself. Let me say this: You are ALREADY worthy of love. YOU ARE A DAMN UNICORN.”

Paleo for Unicorns is a hilarious, helpful cookbook for people who want to eat what feels right to them without a bunch of macho posturing or nitpicky recipe policing, or pseudo-scientific-diet mumbo jumbo. If you don't even eat cereal for breakfast because you don't want to wash the dishes, and if eating cereal makes you feel kind of woozy anyway, this might just be the cookbook for you. Written for even the most beginner of beginners, this book will inspire you to start cooking and taking care of yourself, because taking care of yourself is a radical feminist act. And if you take care of other people, large or small, it will help with that, too. The recipes, cooking advice, and stories in this book are for anyone who wants to eat a more anti-inflammatory, gluten-free, dairy-free, or low-carb diet.



Amy Subach is the co-founder of the organization VisionZeroUSA, a political action committee focused on keeping the streets of America safe for drivers, bicyclist, and pedestrians. Her interests include healthy cooking, Pilates, social activism, and making things. She lives in Portland, OR.

SUBJECT: Cooking / Health / Feminism

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ART: B&W/Color illustrations throughout

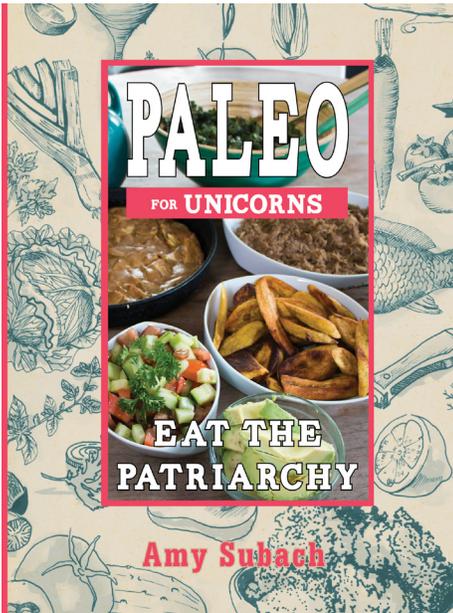
Marketing Notes

1. First Paleo cookbook that's not focused explicitly on weight loss
2. The Paleo Diet was the most Googled diet in 2013, and remains popular today
3. CrossFit is a multi-billion-dollar industry, and people who are into CrossFit are into the Paleo Diet

Comparative Titles

- *The Frugal Paleo Cookbook* Ciarra Hannah 9781624140884 (Page Street Publishing) \$19.99, 2014
- *Paleo Meal Planning on a Budget* Elizabeth McGaw 9781462115068 (Cedar Fort) \$18.99, 2014
- *The Culinary Cyclist* Anna Brones 9781621068259 (Microcosm) \$9.95, 2015

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