

Paleo Palæo

by Thomas Rode Andersen, Thilde Jo Maarbjerg



In this sequel to the bestseller *The Stoneage Diet*, Thomas Rode Andersen and his wife Thilde Jo Maarbjerg give readers a scientific explanation why the Paleo Diet suits the human body. And why it helps our bodies function optimally.

The point of the Paleo Diet is all about skipping the modern eating habits that ruin our bodies, and instead focus on healthy, natural food with the right balance of protein, fat and carbohydrates.

The book contains 87 new recipes for everyday cooking as well as for dinner parties. The dishes are based on meat, fruit and vegetables, designed to keep you healthy, active, beautiful and vigorous. Advice is also given about where, when and how much to exercise to strengthen every part of the body while avoiding strain and injuries.



Thomas Rode Andersen has worked at one- and two-starred Michelin restaurants in Germany, Austria and Denmark. In Denmark he has led some of the best restaurants such as Falsted Kro and Kong Hans Kælder in Copenhagen, which he secured Michelin-stars for 7 consecutive years. He has mentored a row of talented cooks and sous-chefs who have gone on to make names for themselves within the restaurant business.

In 2008 Thomas began changing the menu at Kong Hans Kælder to reflect the healthy lifestyle he himself now adheres to. Thus visitors can enjoy a gourmet meal based on the palæo-principles guaranteed to thrill their palates, stomachs and bodies. Thomas Rode Andersen has left Kong Hans spring 2014 and is now focusing on his work as counsellor, speaker and front-runner within the Paleo Diet and cross-fit performance.

His life story is depicted in the autobiography *I kongens klæ'r* (*In his Majesty's Service*).

SPECIFICATIONS

Pages: 248

Publication Date: 03. October 2013

Rights sold to

NORWAY / Lille Måne

PLEASE CONTACT

Rudi Urban Rasmussen

Literary Agent

rudi.u.rasmussen@jppol.dk

Tel. +45 20 89 31 88

Thilde Jo Maarbjerg is the restaurant manager and sommelier of the Kong Hans restaurant and was crowned Best Sommelier by Danish restaurant guide Den danske Spiseguide in 2008.

Reviews

Another inspiring book with super masculine and not least accessible recipes ... the cookbook in itself is beautiful and very thorough

- **gastromand.dk**

With a book like Paleo at hand, it is a lot easier to eat appropriately – also for those of us who do not swear by the Paleo Diet

- **foodfanatic.dk**