

# The Stoneage Diet

## Stenalderkost

by Thomas Rode Andersen



### SPECIFICATIONS

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### PLEASE CONTACT

Rudi Urban Rasmussen

Literary Agent

rudi.u.rasmussen@jppol.dk

Tel. +45 20 89 31 88

Gourmet chef Thomas Rode tells about the changes in his diet, where he has given up pasta, rice, wheat, and sugar in favour of the caveman diet. As a result his wobbly bits have disappeared, his muscles are more toned, and he has enough energy to work 14 hours a day without getting exhausted ...

The book contains over 80 recipes; all structured on the principles of the Stoneage Diet also known as the Paleolithic Diet. This is food free from artificial preservatives, cooked with modern techniques, and with flavours that delight the modern palate.

The recipes' primary ingredients are meat, fish, vegetables, eggs, fruits, berries, and nuts. All of which is natural and healthy food that our bodies are designed to eat.

The book also contains the author's best tips for physical training, a section explaining why this form of diet is so healthy, and the possibility to try it out and experience for yourself the brilliant difference it makes for you and your body.

**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 scous-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 palaeo-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)*.

## Reviews

Appetizing and inviting recipes



- **Politiken**

An eye-opener that provides inspiration, food for the brain and appeals to the aesthetic sense as it is truly a pleasure ... a rarely found inspirational cookbook for anyone with an interest in healthy ingredients

- **HEALTH Magazine**