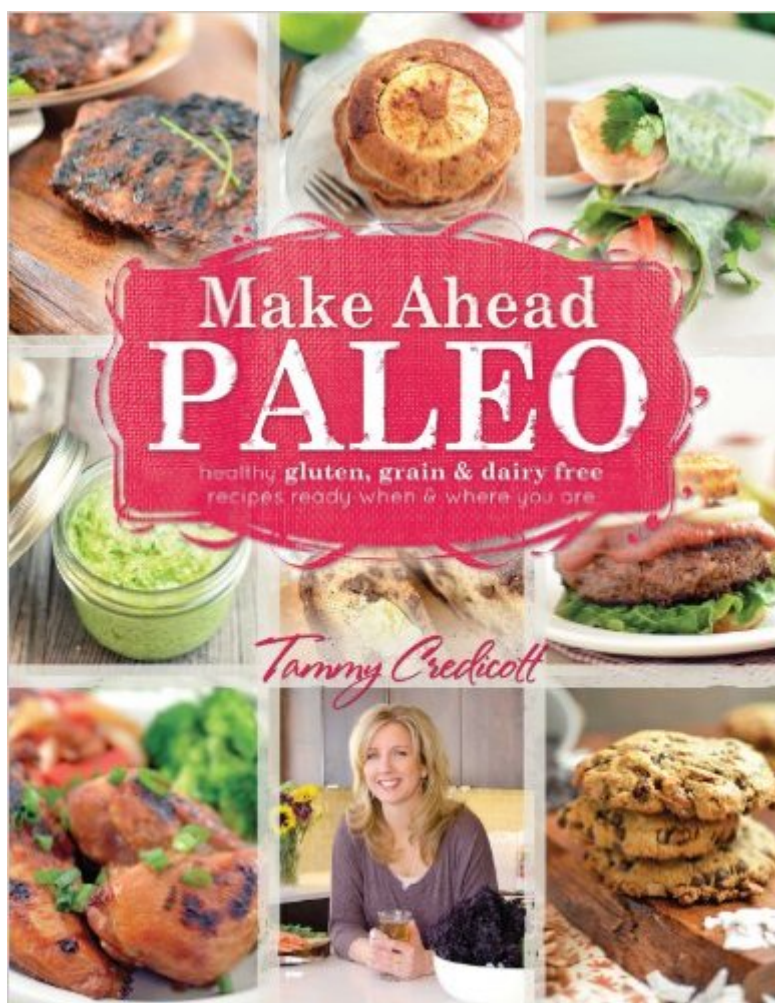


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# Make-Ahead Paleo: Healthy Gluten-, Grain- & Dairy-Free Recipes Ready When & Where You Are



## Synopsis

In today's fast-paced world, the family dinner can easily get swallowed up by work, errands, and kids' activities. But sitting down to a healthy home-cooked meal doesn't have to be a thing of the past. In *Make Ahead Paleo*, Tammy Credicott shows you how to eat well at home and on the run, without sacrificing flavor or good nutrition. Tammy offers up more than 100 flavorful recipes that are ready when you are, wherever you are, each one beautifully illustrated with a photo that will inspire you to start shopping and chopping: dishes such as Garlic Topped Flank Steak Roulade, Apricot Orange Pork Chops, Mushroom Meatballs, Apple Cider Chicken Thighs, Paleo English Muffins, Chocolate Chip Tahini Blondies with Toasted Coconut, and even Pumpkin Cardamom Pancakes. You'll be amazed at how easily, economically, and efficiently you can feed your family grain- and gluten-free meals using fresh, natural, whole-food ingredients. In *Make Ahead Paleo*, you'll find:

- Recipes and tips for whipping up freezable meals
- Inventory sheets to help you keep track of your frozen creations
- Delicious timesaving recipes for your slow cooker
- A busy work-week menu with full grocery list
- Recipes to take on the road
- One-pan meals you can make in your hotel room
- Sweet indulgences that freeze and travel well

*Make Ahead Paleo* is the perfect guide for cooks who don't have all day to slave over a hot stove but still want their meals to taste as if they did. Wherever your hectic life takes you, make it nutritious, make it flavorful, and make it ahead!

## Book Information

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## Customer Reviews

*Make-Ahead Paleo* is a cookbook aimed at busy families who want to sit down to home-cooked meals, but who don't always have the time to cook them. This cookbook includes over 100

make-ahead paleo freezer and slow cooker recipes that are free from gluten, grains, and dairy. Make-Ahead Paleo also includes organizational tools such as inventory sheets and grocery lists to help simplify the process even further. These recipes allow busy families to enjoy healthy, whole-food meals without spending hours preparing them each week. Make-Ahead Paleo also provides meal solutions for those times when sitting down around the dinner table just isn't possible, featuring recipes that travel well and can be eaten on the run. For those who travel frequently but want to maintain a healthy, Paleo diet on the road, there are one-pan recipes that can be prepared in a hotel room. Healthy Paleo sweet treats round out the recipes in this cookbook that aims to make Paleo eating more convenient for busy families. If you like this book, here are some other quick and easy Paleo recipe books I've read and recommend: Paleo Snacks: 101 Quick, Easy, Delicious and Healthy Paleo Snack Recipes Paleo Lunches and Breakfasts On the Go: The Solution to Gluten-Free Eating All Day Long with Delicious, Easy and Portable Primal Meals My FAVORITE recipes!: Jerk Chicken Legs (pg. #106) Slow Cooker Chicken Tagine (pg. #112) Ginger BBQ Beef (pg.

Oh Goodness, Tammy has truly outdone herself with this one! And this busy working Mom, who feeds three hungry men daily, is extremely grateful! Our family has been Paleo for well over two years now, and this book has already given us several new favorites that my kids request on weekly meal planning day. Really! My kids are NOT the eager ones in the kitchen, wanting to help. But finally... FINALLY... because they love the taste of this food so much, they voluntarily ask me to stir and add ingredients now. It brings me to tears... For real. It's priceless. I own several Paleo cookbooks: Some recipes knock it out of the park, some are way too simple and "easy." And quite honestly, many of the ones that look luxuriously amazing in photos often end up tasting just... well... "meh." They are either too time-consuming, have too many crazy ingredients, turn out the wrong consistency, or just fall flat by being bland and have to be re-vamped beyond just simple little tweaks. I love every chapter of this book: Make & Freeze, Low & Slow, On the Go, Room Service, Travel Treats, and Week In a Day. The indexes in the back: How to Store Anything, Stocking your Paleo Kitchen, Grocery Lists, and blank Freezer Inventory sheets are awesome resources also. I find that when my pantry and freezer are stocked how you suggest, I can wake up on any given weekend morning or zoom home on any busy weekday evening and still whip up something healthy and delicious for my family. So far, my boys wanted me to give you a "shout out" for the following recipes: 1) Sloppy Joe's! (pg. 84 - a huge pot is simmering now, while we are cozy in front of rainy day football) Your combination of flavors in this recipe is absolutely spot on!

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