



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

Tammy Credicott

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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!

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

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Megan says

This is a beautiful book with great photography. Still, I found myself underwhelmed.

Early in the book she says "Most meals will consist of a protein and two types of veggies. Serve one veggie raw, like pepper slices or cucumber spears. Doing so saves kitchen time because you have to cook only the meat and one vegetable." But the recipes for these side-veggies are conspicuously absent. The photos don't show suggestions, either. Most of the recipes in the book are big chunks of meat -- or baked goods (pancakes, waffles, etc).

I found that frustrating in a book about meal planning. Freezing a marinated steak does not make it exceptionally easier to make dinner. Throwing chicken legs in the crock pot doesn't mean food will be ready-to-go in the evening -- there's more to prep and think about. Even in the "Room Service" section -- designed to be one-pan meals cooked in one electric skillet in a hotel room -- the trend continues. Big plates of meat...sometimes with some onions or mushrooms cooked in. It's not really one-pan if I'm also scrambling to make a salad and cook some vegetables.

I did feel like the "Travel Treats" section actually lived up to its name, with a good selection of highly-portable snacks. I'll be trying some of those out. And some of the meat dishes as well. But I came to this book, excited by the promise of easy make-ahead meals for people with dietary restrictions...and that's just not here.

Update: I've now tried five recipes from the book. Both the dinner recipes were "meh" for my family and not repeats. Two of the treats were pretty good. And one was a big, crumbly fail.

Cristina McGannon says

This book is incredible! It is not just a cookbook, but a text book on how to live the paleo lifestyle, how to make menus, shop, substitute, what to keep on hand etc. Then there are the recipes, they run from simple to complex, but none are too overwhelming. The steps are broken down and how to prepare, freeze, serve, etc are included. The options are perfect, adaptable and will tempt any tastes. There are tons of options for all different types of occasions, days, schedules and cooking abilities as well. Kudos to the author for a cookbook, reference book and an enjoyable read all rolled into one.

Cinda says

I didn't get around to trying any of the recipes and the book is due back at the library tomorrow, but there are some recipes I want to try!

Roasted Tomato Bacon Soup, page 136

Jalapeno Vinaigrette, page 170

Best Ever Chicken Strips, page 178

Jalapeno Pesto, page 212

Pumpkin Pie Bars, page 238

Shannon Stone says

Seeing as how I am not on a Paleo eating kick, I probably wouldn't have bought this book, but I figured it wouldn't hurt to try a Goodreads giveaway.

So, I've already established I'm not a "Paleo" person; however, the recipes in here look absolutely delectable, Paleo or no. Like any recipe, I look at the ingredients, and if it sounds good, I'm in. The best part about this recipe book is that the recipes come with beautiful, rather large pictures. I really have a hard time with recipe books that don't have pictures; after all, we begin eating with our eyes :)

Although I am probably not the target demographic for Make Ahead Paleo, I anticipate many tasty dinners that I'll pull from this book.

Rebecca Ann says

This is a visually appealing and informative cookbook for the Paleo diet plan. I was just browsing it for random recopies, and not necessarily wanting to go Paleo, although the author did present a compelling argument. I love bread too much, and many recipes require uncommon ingredients like almond flour and coconut flour that I am not really willing to buy. I might try adapting some of these to fit regular ingredients, though!

Jennifer says

New to Paleo? New to cooking ahead as most of us have too much to do and too little time? This book is great for both! Love this cookbook so much I read the entire cookbook in a day and then went back to highlight, dog ear and note take in it. My first go to as a new paleo eater!

Marathon County Public Library says

Interested in the new, popular Paleo diet? Try this cookbook out to help you learn more about it! Not only does this book give you good advice about how to approach trying a Paleo diet with tips of swapping ingredients but also useful kitchen tools to use, and how-to ideas on food storage. Not only that, but the recipes in this cookbook look really scrumptious and healthy! I have personally copied some of the recipes to try. This book makes eating healthier less daunting and very delicious!

Ashley C. / Marathon County Public Library

Find this book in our library catalog.

Sandy Evans says

LOVE this new cookbook!

Great for anyone wanting to eat healthy, flavorful food. Great for people with allergies too. NO grains in this book!

This book is easy to use. Lots of tips and lists/resources to find what you need. 2-ways to look up recipes: a picture contents at the beginning of the book sorted by categories (make ahead, slow cooking, and more); then an ingredient index in back that lists all pages that use that ingredient (ie: chicken, flank steak, pumpkin---under each it is also broken down a little too).

I love how Tammy breaks her recipe ingredients into "wet" and "dry" AND in the order you will use them. Clear instructions and even tips to adjust or change.

This is her 3rd cookbook. I can't say I have a favorite--I love them ALL.

In her first book, "The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes!" she adds a lot of humor to her recipes as well.

We have not found a recipe we don't like!

Mary says

I received this book from a Goodreads giveaway. I don't really like to cook and I LOVE carbs, so I didn't think there would be much in this book to interest me.

Each recipe is complete with a full page picture that makes every thing look simply amazing. The author not only wrote the recipes, but she is also responsible for all the pictures of the food.

It has an interesting set up, but I don't like that it tells me to add something that I should have already prepared and I have to go to the back of the book to find out how to prepare that item. I would prefer to have all the instructions on the same page.

I've tried a couple of the recipes and I was very pleased with them; especially the no potato salad. I haven't been able to find certain ingredients so there will be some recipes I may never get to try.

Good book that has actually gotten me to cook...a little.

Michelle says

This book is full of great ideas for maximizing in the kitchen. I love the "Room Service" section, which is intended to be used for staying in hotels with a kitchenette, but I see it getting a lot of use for camping trips and doing meal prep over the weekend so I can throw dinner together in one pan in under 20 minutes on a busy night. Being short on freezer space, I don't anticipate making much use of the "Make and Freeze" techniques; but the recipes look great. I'm excited to try her pizza crust, which I've heard is the best grain-free pizza crust out there, and I love that she gives instructions for making 1, 2, or 4 crusts. A lot of the "Low and Slow" recipes call for browning meat before putting it in the slow cooker, which to me misses the point of the slow cooker. However, the author is good about saying which recipes depend on that step and which can just be dumped in the slow cooker. I'm excited to try her "Week in a Day" menu at some point, and I hope she takes that idea and creates more menus.

I bookmarked 23 recipes, with many more than I'm sure I'll try. I have three on the menu for next week, and if they're as good as I've been hearing, this cookbook will squeeze out a few other paleo cookbooks that haven't been getting much use.

AnandaTashie says

The first 50 or so pages cover paleo basics, cooking & freezing tips, etc. The recipes are divided into: make & freeze, low & slow (slow cooker), on the go, room service, travel treats. All recipes have a beautiful photo.

Liked the look of: apple ring pancakes, pizza crust, pecan stuffed chicken thighs, fajita burgers, apple cider chicken thighs, jerk chicken legs, maple peach pork chops, creamy cilantro no potato salad, citrus red onion slaw with grilled chicken, best ever chicken strips, chocolate almond butter swirls, orange white chocolate macadamia cookies, no-bake sunbutter bars, chocolate chip tahini blondies with toasted coconut, pumpkin pie bars, lemon coconut loaf, chocolate chip banana bread with cinnamon sugar topping.

Casey says

I was disappointed there weren't more freezer recipes. We're stocking the deep freeze for when baby comes, and I was only inspired to make two of the recipes! So many of them had other steps after you thawed. I wanted something that could thaw, reheat, and go right to the table.

Jessica says

A fantastic cookbook that is approachable, fun, and most important-- its recipes are achievable! As anyone who has started paleo will attest the amount of work involved in cooking every single meal let alone the shopping list is enough to turn people away and throw the towel in. Tammy's approach makes the process seem less like days of drudgery in the kitchen, and the recipes give the food less a gourmand food snob approach that many paleo books flirt with and more of the dog-eared recipes that a busy family will come back to week after week. Her recipes rarely use obscure or seasonally specific ingredients, but things you will find at your regular supermarket. Furthermore, she takes Paleo away from home-- how do you plan and

eat meals in a hotel room? Snacks for kids in a car? What can you eat when you're on the run? These features plus the demo week in the back of the book make the cookbook a treasure, one I've returned to week after week.

The cookbook is almost all main dishes, some are served with a side that is included. (most of the time you can look at the picture and see the kind of side that would go well) The desserts are delicious- the kind you can serve to a family of wheat and dairy eaters and they won't know the difference.

However, the recipes do have more sugars. They aren't refined naturally, but you'll see honey and maple syrup used often throughout -- even in main dishes. If you're concerned about how Paleo that is, please find something else to ponder. If you're worried it's still too high for your diet, in my experience reducing the sugar element by half or a quarter is enough to keep the flavor of the recipe but bring down the offensive carb and calorie content.

Still, this cookbook is a gem. Add it to your shelf asap.

Erica says

This book is BEAUTIFUL! TAMMY does it again with this book! This is a paleo preppers dream. I don't eat beef and am not paleo, but I'm interested in how paleo works and incorporating more protein and paleo inspired meals into my diet. Besides all the beef (to be expected) there were some really great (and simple) recipes in here. Including some paleo desserts! The best part about this book is learning the proper way to purchase, prepare and store paleo ingredients for meal prepping.

Suzanne Barrett says

I've been Primal/Paleo for eighteen months, and in that time I've scoured the Internet, my local library and bookstores for the best paleo cookbooks. Mind you, there are A LOT of them, many so enticing that I've had a difficult time selecting the ones I like best.

Make Ahead Paleo is another sensory feast from Victory Belt Publishing. Ms. Credicott is the wife of the publisher of Paleo Magazine, and she knows her stuff. In addition to having an impressive list of street creds (recipe developer, food photographer, allergy-friendly cooking instructor, best-selling author [Paleo Indulgences and The Gluten-Free Life]), Tammy also hosts The Healthy GF Life website. You can read more about Ms. Credicott on her website; right now it's time to enthuse about her superb new cookbook. Make Ahead Paleo is a large-size (8 1/2 x 11) with a fold-over cover and printed on heavy paper. Every recipe is beautifully photographed so you can see the actual completed dish. In the front pages is a recipe index with small photos under various categories: Make & Freeze, Low & Slow, On the Go, Room Service, Travel Treats and lastly, Week in a Day where are listed all the things you need to buy and prepare to have delicious meals for the entire week—grocery list, prep day tasks and then the menus. After all, the theme of the book is “make ahead”. You'll find lots of guidance to efficiently utilize your time and create outstanding meals. What could be nicer?

I've marked several recipes for future use. There are yummy sounding dishes using chicken breasts and boneless thighs (my favorite part of the chicken) as well as dishes calling for pork and beef. One I'm anxious to try is the Smoky Fall Spice-Rubbed Skirt Steak on page 94. Skirt steak is a family favorite and the cumin-garlic-coriander dry rub sounds wonderful.

Recipes I've tried and enjoyed include Asian Barbecued Chicken (p. 102), a slow-cooker dish calling for boneless chicken thighs. It was a snap to make because there's no extra prep to do. Just put the chicken thighs in the pot and pour over them the Asian-inspired sauce which consists of ingredients found in most paleo kitchens. My husband gave this one two thumbs up and said it's definitely one to repeat.

In the indulgences department I tried the Cherry Pistachio Scones (p. 240) and found them outstanding and loaded with flavor. They're yeast-free and have a lovely texture. I also made the Kitchen Sink Cookies (p. 224) using all the add-ins suggested. They have a lovely flavor, enhanced by the addition of almond extract. These cookies have a nice texture but they keep better in the freezer.

The book is a visual feast with recipes to fit most tastes. Each recipe is easy to follow with an ingredients list in the sidebar and the direction on the main page section. In addition, the book includes tips and tools, shopping resources, a conversion chart and ingredients list.

My only quibble with Make Ahead Paleo and some of the other paleo cookbooks is that they don't also include a list of recipes in the index, but aside from that small niggle, the book is superb. Definitely a keeper.
