



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, modern 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 85 flavorful recipes that are ready when you and your family are, wherever you are, each one beautifully illustrated with a photo that will inspire you to start shopping and chopping: dishes such as Flank Steak Roulade, Pecan Stuffed Chicken, Mushroom Meatballs, Slow Cooker Apple Cider Chicken, English Muffins, Toasted Coconut Blondies, and even Pumpkin-Cardamom Cupcakes. 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
- 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!

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