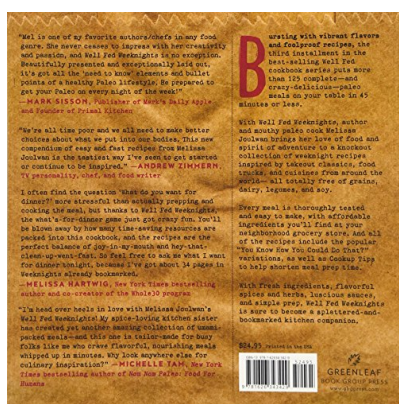


[PDF] Well Fed Weeknights: Complete Paleo Meals In 45 Minutes Or Less

Melissa Joulwan - pdf download free book



Books Details:

Title: Well Fed Weeknights: Complete

Author: Melissa Joulwan

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Description:

Bursting with vibrant flavors and foolproof recipes, the third installment in the best-selling *Well Fed* cookbook series puts more than 125 complete—and crazy-delicious—paleo meals on your table in 45 minutes or less.

With *Well Fed Weeknights*, author and mouthy paleo cook Melissa Joulwan brings her love for food

and spirit of adventure to a knockout collection of weeknight recipes inspired by takeout classics, food trucks, and cuisines from around the world—all totally free of grains, dairy, legumes, and soy.

Every meal is thoroughly tested and easy to make, with affordable ingredients you'll find at your regular grocery store. (No extra trips to specialty food stores required!)

You won't mind skipping the drive-through or delivery when you can quickly cook meals like...

- Bacon-Jalapeño Burger Balls
- Thai Yummy Salad
- Dirty Rice
- Fried Chicken • Pizza Noodles
- Sticky Orange Sunflower Chicken
- Italian Hoagie Salad
- Street Fries

... and so many more.

All recipes include Melissa's popular "You Know How You Could Do That?" variations, as well as Cookup Tips to help condense cooking time with make-ahead items.

You'll want to dog-ear the Mini Cookup page where you'll find step-by-step instructions for cooking six paleo kitchen staples in under an hour. Cook once, and fancy-up your meals all week long with cauliflower rice, zucchini noodles, homemade mayo, and more.

Debuting in *Well Fed Weeknights* are fun and flexible Food Court Recipes: in-depth blueprints of your favorite dinner themes, like Meat & Potatoes, Burger Night, Velvet Stir-Fry, The Ultimate Salad Bar, and more, all offering basic techniques and creative variations to satisfy your personal cravings.

Well Fed Weeknights is also packed with useful tips and how-to info including:

- How to eat in restaurants without abandoning good habits
- How to cook quickly and eat slowly
- Essential pantry foods for weeknight cooking
- The best kitchen tools for fast cooking
- Two months of sample menus
- A mobile shopping list for every recipe

With fresh ingredients, flavorful spices and herbs, luscious sauces, and simple prep, *Well Fed Weeknights* is sure to become a lovingly splattered-and-bookmarked, go-to paleo kitchen companion.

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