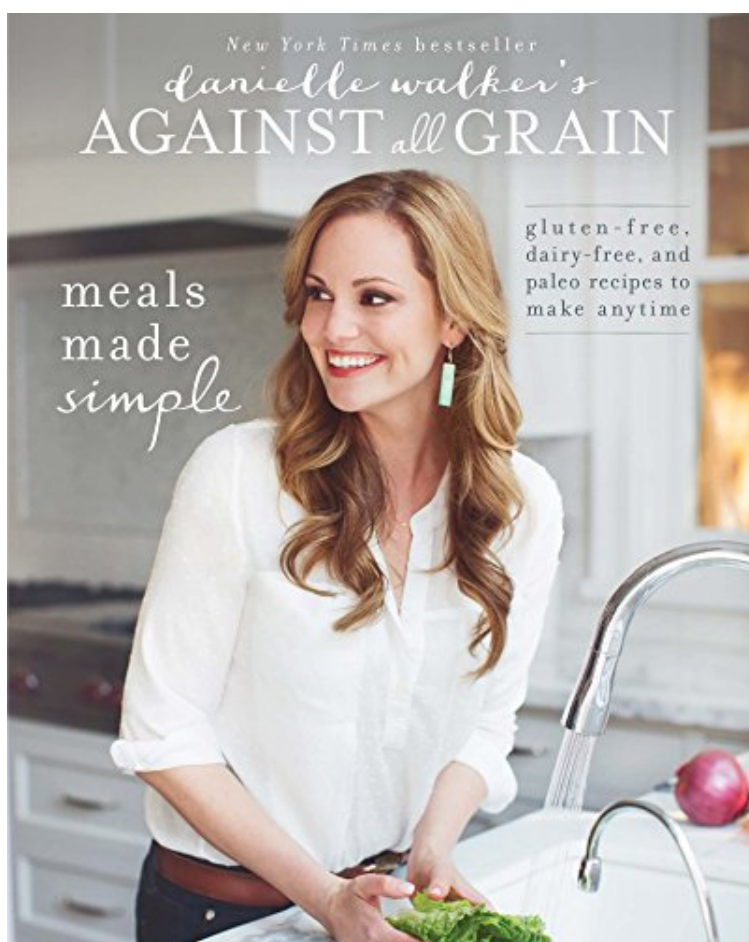


[PDF] File size: 52.Mb

# Danielle Walker's Against All Grain: Meals Made Simple: Gluten-Free, Dairy-Free, and Paleo Recipes to Make Anytime (English Edition)



Par Danielle Walker  
ebooks | Download PDF | \*ePub | DOC | audiobook

Dtails sur le produit Rang parmi les ventes :  
#140600 dans eBooksPubli le: 2014-09-02  
Sorti le: 2014-09-02  
Format: Ebook  
Kindle

[PDF] Danielle Walker's Against All Grain: Meals Made Simple: Gluten-Free, Dairy-Free, and Paleo Recipes to Make Anytime (English Edition)

**Par Danielle Walker : Danielle Walker's Against All Grain: Meals Made Simple: Gluten-Free, Dairy-Free, and Paleo Recipes to Make Anytime (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Danielle Walker's Against All Grain: Meals Made Simple: Gluten-Free, Dairy-Free, and Paleo Recipes to Make Anytime (English Edition):

Download

Read Online

## Description :

Prsentation de l'diteur Beloved food blogger and New York Times bestselling author Danielle Walker is back with over 100 new Paleo recipes in her sophomore cookbook, Meals Made Simple--a collection of gluten-free, dairy-free, and Paleo-friendly recipes for easy weeknight meals. Diagnosed with an autoimmune disease at twenty-two, Danielle Walker spent many years in and out of the hospital and on high dosages of debilitating medications before taking her health into her own hands and drastically changing her diet. In a true lemons-to-lemonade story, Danielle transformed her adversities into opportunities and created her wildly successful blog, Against All Grain, in an effort to help those in need eat well and feel great, without

feeling deprived. With recipes that make cooking for the grain-free family both easy and enjoyable, "Meals Made Simple" answers the age-old question: "Whats for dinner?" Danielle Walker takes the guesswork out of meal planning with eight weeks' worth of dinner ideas, complete with full shopping lists and recipes for using up leftovers. Whether we're moms, students, or business owners, at the end of the day we all want fresh, home-cooked meals that are easy to prepare. And we want lots of variety. Preparing real foods can be time-consuming and monotonous, but Danielle brings both simplicity and creativity to the everyday meal with an enthusiasm for flavors and textures that are often lacking in easy weeknight dishes. "Meals Made Simple" includes a variety of slow cooker, one-pot, and thirty-minute meals, as well as ways to create entirely new dishes from leftovers. As in her critically acclaimed first cookbook, "Against All Grain", Danielle offers special "tidbits" to help ensure that your meals turn out picture-perfect. The vibrant flavors and colors in these grain-free dishes, like slow-cooked Pork Ragu, Beef Stroganoff, Peruvian-Style Chicken, Chicken and Rice Casserole, and Barbecue Salmon with Peach Salsa, add delight to any meal and put an end to all those nights of mundane grilled chicken and steamed vegetables. Even the desserts are quick to make, should a craving or a last-minute celebration arise. Features include: make-ahead options 8 weeks' worth of dinner ideas nutritional facts for every recipe shopping lists for fast grocery runs suggestions for how best to use leftovers slow cooker, one-pot, and 30-minute recipes

Revue de presse Meals Made Simple brings culinary excitement to the health enhancing world of low-carb and gluten-free. For anyone who embraces the notion that food matters in terms of health and longevity, this book is a treasure. (David Perlmutter MD, - Author, #1 New York Times Bestseller: Grain Brain, The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent Killers) Some of her popularity might have to do with her easy-to-follow and relatable approach and the fact that her dairy-free, gluten-free, and Paleo recipes appeal to so many different types of people and dietary concerns... (Molly Gallagher, Well+Good) Beautifully presented and clearly explained, Meals Made Simple is a delight for Paleo newbies and longterm Paleo-ites alike. The recipes are straightforward and easy to follow, and I like that there are often tips for using leftovers from other recipes in the book. While many cookbooks leave a trail of half-used jars of obscure ingredients scattered across your kitchen, Danielle actually makes it seem easy to stock your kitchen with versatile Paleo staples, all of which can be used in countless ways.... (The Kitchn) Whats healthy, uncomplicated and definitely not boring? Well, practically any of self-trained chef Danielle Walkers recipes in her newest cookbook, Meals Made Simple. In fact, all of the Against All Grain bloggers meals are gluten and dairy-free meaning you can finally enjoy dinner without feeling too bad about going for that second helping of dessert. (Rachel Sylvester The Nest) Danielle Walkers first book --was (and still is) a gangbuster hit, so trust me when I tell you that her second book, Against All Grain: Meals Made Simple, is just as exciting and eye-opening when it comes to eating a gluten free and/or paleo diet. I was looking to try out a recipe or two from the book but while reading it everything looked so amazing I ended up putting tabs on more than half of the pages. (Weelicious) Danielle Walker, whose cookbook "Against All Grain" made her a celebrity with the paleo diet and gluten-free crowd, offers conscientious recipes for celebrations and holidays in her new cookbook, "Meals Made Simple." (How conscientious? Her pumpkin spice latte includes real pumpkin.) (Denver Post) After her debut paleo recipe title Against All Grain soared to the New York Times Bestseller list in 2013, she nails it again with inspiring, beautifully photographed recipes that sound incredible and are all made sans dairy or grains. This time around, you also get 8 weeks of meal plans and shopping lists. (Self Magazine) Presentation de l'auteur Beloved food blogger and New York Times bestselling author Danielle Walker is back with over 100 new Paleo recipes in her sophomore cookbook, Meals Made Simple--a collection of gluten-free, dairy-free, and Paleo-friendly recipes for easy weeknight meals. Diagnosed with an autoimmune disease at twenty-two, Danielle Walker spent many years in and out of the hospital and on high dosages of debilitating medications before taking her health into her own hands and drastically changing her diet. In a true lemons-to-lemonade story, Danielle transformed her adversities into opportunities and created her wildly successful blog, Against All Grain, in an effort to help those in need eat well and feel great, without feeling deprived. With recipes that make cooking for the grain-free family both easy and enjoyable, "Meals Made Simple" answers the age-old question: "Whats for dinner?" Danielle Walker takes the guesswork out of meal planning with eight weeks' worth of dinner ideas, complete with full shopping lists and recipes for using up leftovers. Whether we're moms, students, or business owners, at the end of the day we all want fresh, home-cooked meals that are easy to prepare. And we want lots of variety. Preparing real foods can be time-consuming and monotonous, but Danielle brings both simplicity and creativity to the everyday meal with an enthusiasm for flavors and textures that are often lacking in easy weeknight dishes.

"Meals Made Simple" includes a variety of slow cooker, one-pot, and thirty-minute meals, as well as ways to create entirely new dishes from leftovers. As in her critically acclaimed first cookbook, "Against All Grain", Danielle offers special "tidbits" to help ensure that your meals turn out picture-perfect. The vibrant flavors and colors in these grain-free dishes, like slow-cooked Pork Ragu, Beef Stroganoff, Peruvian-Style Chicken, Chicken and Rice Casserole, and Barbecue Salmon with Peach Salsa, add delight to any meal and put an end to all those nights of mundane grilled chicken and steamed vegetables. Even the desserts are quick to make, should a craving or a last-minute celebration arise. Features include: make-ahead options 8 weeks' worth of dinner ideas nutritional facts for every recipe shopping lists for fast grocery runs suggestions for how best to use leftovers slow cooker, one-pot, and 30-minute recipes