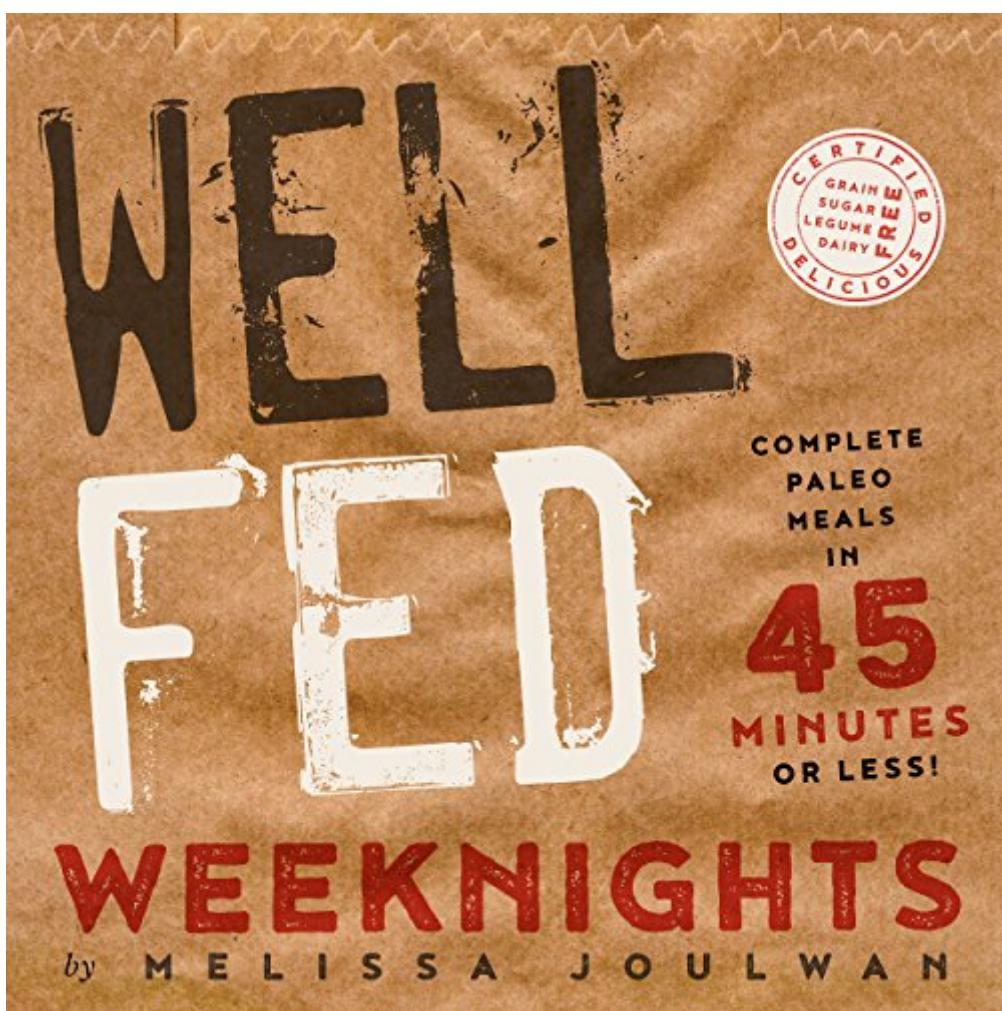


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Well Fed Weeknights: Complete Paleo Meals In 45 Minutes Or Less



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Synopsis

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. 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 Meatballs—Pizza Noodles—Sticky Orange Sunflower Chicken—Italian Hoagie Salad—Street Fries... and so many more. Every meal is thoroughly tested and easy to make, with affordable ingredients you’ll find at your neighborhood grocery store. And all of the recipes include the popular “You Know How You Could Do That?” variations, as well as Cookup Tips to help shorten meal prep time. 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: detailed 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—Dozens 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 splattered-and-bookmarked kitchen companion.

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Customer Reviews

I really like the Well Fed series cookbooks. As far as content goes...this one very possibly has the most recipes that we'll actually make of the three cookbooks. Although we like to cook, like everybody, it seems like there's never enough spare time to cook as much as we'd like. So, a cookbook focused on recipes that take less time is a welcome addition. We've looked through the whole thing, and have made several things. I also find it interesting that the author has picked some of the same types of recipes that we've independently found work very well on those time-crunched nights [homemade taco meat is delicious and very simple even when using actual spices and not a 'packet', and of course grilled burgers with salad, etc.]. Trying to keep the carbs down, I AM IN LOVE WITH the cauliflower-based 'rice' and 'mashed potatoes' substitute recipes that we learned about in Well Fed 2 (page 167). This book uses those ingredients in several dishes such as "Shepherd's Pie" (page 123) and "Dirty Rice" (page 129)...and I literally see no reason to ever eat potatoes or rice ever again! I also really liked the Sticky Orange Sunflower Chicken with Sesame Broccoli (page 173). If you are thinking of doing more low-carb and/or Paleo cooking, I strongly recommend that you check out this book and Well Fed 2 (with Nom Nom Paleo also being pretty good). Now on the subject of the binding: Yeah, not sure *what* is up with that binding, but it is strange and leaves a lot to be desired. A couple of others are reporting pages falling out. That hasn't happened with ours, but if you leave the book laying open, the cover doesn't return to flat...it kinda sits there all curved around the spine of the book. And is really just funky. I saw a recommendation here by someone to

get it spiral bound at an office supply or print store, and this was great advice. I just took it down to Staples, and it was only \$5.50 to cut off the old binding and put a plastic spiral binding on the cookbook. It now works *better* than when it was brand new, as it lays truly flat now (see my uploaded image)! I am guessing that at some point the publisher and printer will fix this binding issue, but I'm actually glad that I've made this 'upgrade'...makes using the book much easier. My wife wants me to tell everyone on that a great cookbook with a poor binding is still WAY better than the opposite. This way, however, you can have the best of both worlds! Update 12/14/16: We've made several more things from this cookbook, and I've liked everything except for one recipe that called for ground up anchovy (Sicilian Cauliflower w/ Beef page 73...tried to be 'open' to new flavors...but no thank you). I really liked the Yucatan Green Chile Saute with Cumin-Lime Sauce (page 101) and the Greens with Potatoes & Sausage (page 111). I thought the Chicken Satay Burger was decent as well...I would have it again...but maybe not on my list of absolute favorites from this cookbook. Anyway, we're really enjoying these new meals, and some new recipes that don't take a really long time to make.

I love the recipes in here! They are easy to follow, quick to put together, and full of flavor. I've already made a week's worth of meals and all of them have been successful. Some additional things I love about this book: great pictures, budget friendly ingredients, recommendations about how you could switch up the dishes (varying the spices, meats, or produce), a "mini cook-up" to plan ahead for the week, and each recipe gives an average time for preparation and how many it serves (and they are both accurate...YES...a full, healthy meal can really be prepared in well under 45 mins). I'd say this cookbook is great for new cooks. It's also great for people who have been cooking for a while, but stuck in a rut at dinner time. Even if you're NOT paleo and just want to change things up a bit, this would be a great add to your life! My only complaint - the binding on this book sucks! I've only had it for a week now and it's already starting to fall apart...seriously?!?! That's pretty crappy! So that's the reason I'm giving this book 4 stars.

I love Mel's cookbooks and I have many of them. I have already made 5-6 of the recipes and they are great! This is an awesome cookbook and it does have some different recipes than some of her other ones (for those who are wondering).

All the food is amazing, super easy, and quick to make. I've eaten things I never thought I would (anchovies and figs, for starters) and am not looking back. We've only been using it for dinners for

the last few weeks but I can't wait to try ALL of it. So delicious and SO easy to follow. Unfortunately I've already managed to rip a page down the spine while flipping back and forth (for the velvet stir fry instructions to see the ingredients on the following page). I wish it had better binding as this will remain the most used cookbook in my house and it's already failing me *insert sobbing face*. Anyhow, Melissa, thank you so much for creating this gem. We LOVE it!

My new favourite. I was sceptical to buy another paleo cookbook, I have so many that I seldom use, and little room to keep them. I was pleasantly surprised to see this book is packed with appealing (to my whole family) recipes, with flavours I wouldn't think to put together myself, that are easy, with easy to find ingredients. The best part is, everything I've made, has tasted really good! I'm very happy with this book.

I really like Melissa's approach to these recipes. She gives lots of tips for cook-ups that can be done ahead of time to save time on the weeknights. The way she groups recipes helps me see the way the components work together and helps me feel more confident improvising when I don't have (or don't like) a certain ingredient. It's much more than just a collection of recipes (which you can find online for free); which is why I think this was well worth the price!

This cookbook is INCREDIBLE. I am the biggest Melissa fan and have both WellFed and WellFed 2 and love them. Her recipes are innovative and delicious. I was thrilled to find that this is the case in her newest cookbook as well. As an added bonus it only takes 45 minutes for you to feel like a master chef while making healthy options. I will buy every single cookbook she ever puts out, these cookbooks help me eat a whole30 lifestyle in a flavorful way

This is my 3rd Well Fed cookbook, so I obviously love Melissa Joulwan's recipes, and this book is no exception. It is true to its word, and each meal I have made from the cookbook (about 10 now) has been 45-minutes or less from start to finish. My favorite part, is that almost all of the receipts include everything you will need for the meal so you don't have to come up with a side dish. Everything has been flavorful, fun, and easy to make.

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