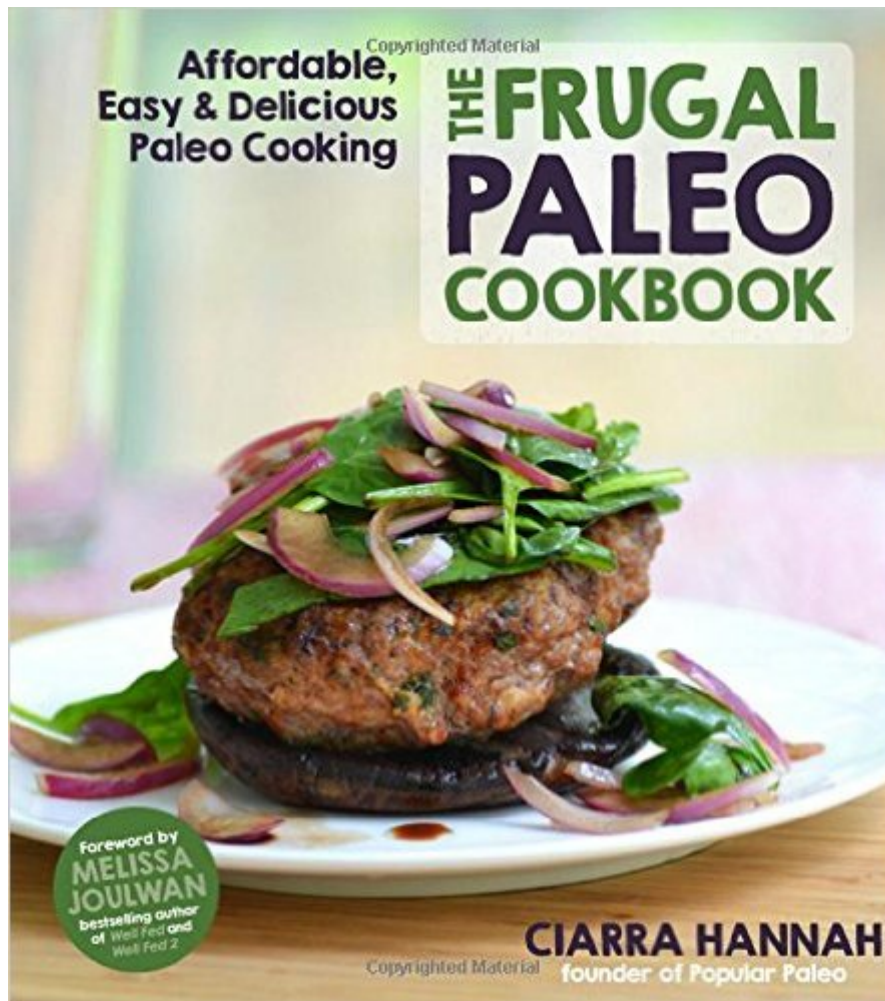


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# The Frugal Paleo Cookbook: Affordable, Easy & Delicious Paleo Cooking



## Synopsis

SAVE MONEY & STAY GLUTEN-FREE WITH THESE EASY, DELICIOUS PALEO RECIPES For those on the Paleo diet, one of the biggest concerns isn't the variety but the price. Luckily, Ciarra Hannah, creator of PopularPaleo.com, has 100 easy, wallet-friendly Paleo recipes that'll feed the whole family. Ciarra uses flavorful but less expensive cuts of meat in traditional yet approachable cooking methods, as well as her roll-forward technique for creating multiple dishes to maximize your time in the kitchen. You'll love her keys to budgeting, tips for making items ahead of time, 5-ingredients-or-less seasoning blends and other money-saving pointers. Ciarra offers an incredible and practical selection of Paleo dishes for everyday eating including Tequila Carnitas, Stupid Easy Asian Beef, Chicken & Chorizo Stew, Cuban Tilapia in Mojo and?Tater Tot Casserole with Sweet Potato Tater Tots! So, if you're loving the Paleo diet but hating the amount of money you spend each month, this book is a must-have. Save your money, enjoy tasty grain-free meals and be healthy!

## Book Information

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## Customer Reviews

I'm getting to have quite a collection of Paleo cookbooks, but I'm happy to say that this looks like it will be a valuable and well-used addition. This book isn't padded with lots of front-material. It assumes that you already know what Paleo means for you or you will get that information elsewhere. She provides brief, practical suggestions for making meal-prep easy and affordable. Best of all, not only did looking at the pictures make me want to try many of the recipes, but when I read them, I actually have the ingredients on hand to make a fair number of them without a trip to ANY

store, much less a specialty store. And when I read through her spice-mix recipes, I had most of the individual spices on hand. The only ones I don't have, I don't have because I already know that I don't care for them. This is HUGE. I don't have to find and buy some exotic new ingredient for every recipe I want to try, never to use the rest of it if I don't like that particular recipe. I'm really thinking that many of the recipes I see here will be making frequent appearances on our table because they are easy enough and affordable enough for "everyday" cooking. And now to go take some ground beef from the freezer. The beef stroganoff is calling to me for tomorrow night's dinner! There is only one thing I want to note. The print could have been a bit bigger and darker. I know from experience that I will need my reading glasses during allergy season, but this will probably not apply to 99% of readers.

If I could give this book six stars I seriously would. EVERY SINGLE recipe I've tried and made so far is so easy and DELICIOUS! I am a self described cook book hoarder... as in I love buying them, but sadly, I don't use them much. THIS book is a whole different story. I find myself constantly looking to it for recipes as well as Ciarra's blog. As a mother of two little kids and the wife of a die hard pasta fan, trying to keep everyone healthy and on the right track can be challenging, but with Ciarra's recipes everyone leaves the dinner table happy and full! I love the way she writes tooâshe "talks" to the reader and teaches them as if she was one of your girlfriends, or sisters, sitting in your kitchen teaching you a yummy recipe. I LOVE this book and am hoping for another!!!

This may be my favorite paleo cookbook I've ever bought. I also own both Well Feds & Nom Nom Paleo's book, along with multiple primal cookbooks. What I like about this book over the others is how approachable all of the recipes are. I'm not that great of a chef so simple is key for me. Nom nom paleo's book is excellent and beautiful to read, but the recipes in there usually call for things that I usually never have on hand. Well Fed is also an excellent book but it took me TWO HOURS to make the shepherds pie recipe and although it turned out delicious, I don't want to commit that much time to making a dinner. This book presented an idea I had never thought of before to save money but makes perfect sense: themed food weeks. By using similar flavor recipes for a week you are able to use up all the fresh cilantro or basil you bought. Wasting fresh herbs has always been a problem for me. She has so many recipes that it was easy to find a week of Mexican, Italian, or Asian flavored recipes. This book has now become a lifeline during my Whole 30, I highly recommend you get it!

We have been enjoying the Frugal Paleo Cookbook--even though we are not necessarily paleo! With three small children at home finding ways to trick them into eating more vegetables had become so tiresome and our meals lackluster. But with Ciarra's unique recipes I now feel like I have a great stockpile of resources at my fingertips! Who knew you could throw kale and squash into taco meat--and who knew it tastes DELICIOUS! (Well, my kids know now!) I am in awe of all her clever ideas and I can't wait to serve my family another healthy, affordable meal!

Ciarra has written the ultimate guide to eating Paleo without going broke â “ but that doesnâ™t mean sheâ™s just slinging cheap food. The Frugal Paleo Cookbook is packed with 100 amazing recipes, but itâ™s more than a cookbook: itâ™s full of practical strategies to help you use the resources, time and money you have for maximum kitchen results. I love that it uses accessible ingredients, teaches you simple cooking methods to build fantastic layers of flavor and that itâ™s written like youâ™re right there in Ciarraâ™s kitchen. And, trust, me, you want to be in her kitchen: her recipes are killer!

If you are looking for "frugal", this is not the place to look. My first clue to this was in the introduction. At the beginning of their Paleo journey, the author reduced her food budget by \$1000 in a month. She did this by eliminating trips to the coffee shop, eating out less, and eating everything they bought. Hello? My food budget isn't anywhere near \$1000 in the first place! We already don't eat out, and already don't waste food. I am sorry, but her level of "frugal" is way, way, way different from mine. The second clue I had was her method of making poached chicken. She tells you discard the liquid after poaching chicken. I'm sorry, but that liquid is lovely for adding to soup, or using to cook rice. And this is the note she has about why to do this: "Because the liquid is discarded, I don't use bone-in chicken in order to pull double-duty between shredded chicken and chicken stock. Homemade stock requires hours and hours of simmering on the stove, which would turn the meat into either powder or rubber; neither are very appetizing." As someone who truly cooks frugally, I can tell you that you can indeed double up on shredded chicken and chicken stock. It is easy. I use old hens from my own flock and simmer them until soft, (several hours for old hens, less time for a younger bird or one from the store.) When the meat is soft, you turn off the heat, strain off the stock into another kettle, and let the meat cool until you can handle it. Then you remove the meat from the bones, return the bones to the stock, and proceed with making your stock. If a person hasn't figured out this simple thing, she has no business writing a cookbook with "frugal" in the title. I have yet to make one recipe out of this book.

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