

Danielle Walker's Against All Grain: Meals Made Simple Read EBooks PDF English

Danielle Walker



Danielle Walker's Against All Grain: Meals Made Simple download or read online Danielle Walker PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, 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: "What's 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

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