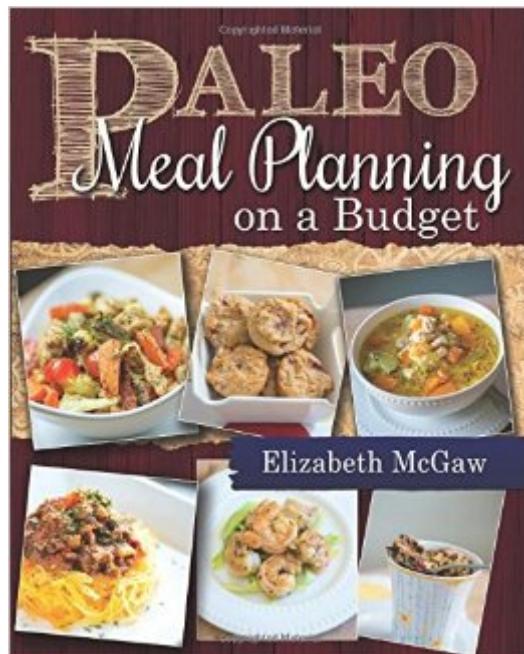


The book was found

Paleo Meal Planning On A Budget



Synopsis

Take your Paleo diet to the next level with Paleo Meal Planning on a Budget. Elizabeth McGaw's follow-up book to bestselling Paleo on a Budget features simple, budget-friendly meal prep strategies to accommodate any lifestyle. With over 30 delicious new bonus recipes, including Roasted Garlic Shrimp, Inside Out Burgers, Faux Deviled Eggs, you'll always be ready for healthy eating.

Book Information

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Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (11 customer reviews)

Best Sellers Rank: #352,482 in Books (See Top 100 in Books) #208 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Budget #404 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat #699 inÂ Books > Cookbooks, Food & Wine > Special Diet > Paleo

Customer Reviews

I've been looking for a paleo cookbook/meal planner that didn't involve weird ingredients that I've never heard of, or overly complicated prep time. I finally found both things in this book! The author is very easy to read and down to earth. Her recipes are easy to make and can be prepared on any budget. She also offers ideas for changes depending on what meat etc. you have on hand that week. The 30 day meal planner not only gives you recipes for three meals a day, but you are also presented with two different ways of prepping (as you go, or mostly on one day). This is a stroke of genius! I'm going to start following the book once the holidays are over. Note - This book is probably not for you if you are a 'gourmet' eater. The meals are simple, filling and more on the 'meat and two veg' end of the spectrum, which is exactly what I wanted :-)

5 STARS I had no idea what a Paleo diet was. I have heard of stone age diet before. A way are ancestors ate. The original Hunter- gatherers. Lean meat, fish, vegetables, fruits and assorted nuts and seeds diet. Elizabeth wrote a book that can be for anyone, a personalized plan for you. She tells

ways to save money with planning meals, suggest substitutions if you don't like something or have other things on hand. If you want to follow her plan all the way through she has lists of how to shop, plan, prepare your meals with a lot details. If I was going to try and eat Paleo all the time and I could physically cook, and had a family to prepare I would like to try her plan for a couple of weeks all the way through. I do want to start eating healthier, so I want to take some of her ideas, recipes and start cooking more. I had no idea you could make scrambled eggs ahead. I like the idea of planning ahead, and making some things ahead of time, planned left overs. Her tips are good to know. I think her cookbook would be good for young couples, families and college students who are just starting out. They can learn how to shop, save time, money and learn good eating habits and skills. I also like how she admits to trying foods again that she did not like and has not tried again for years. I need to do that too. I was given Paleo Meal Planning on a Budget to read so I could review it honestly and be part of its blog tour.

With all the emphasis on organic vegetables and grass fed meat and the lack of "filler" foods like grains and beans, it is not surprising that Paleo is thought of as an elite and expensive way to eat. But it doesn't have to be! With a few simple recipes and some advanced preparation, you can definitely still eat a healthy whole foods diet and stay on a budget. This book is one answer! This book includes an introduction to meal planning, ideas for creating an appropriate food budget, and tips and tricks for getting the best deals on paleo-friendly foods in grocery stores. Then, you get your training wheels! Four weeks of meal plans with shopping lists and specific instructions for two methods: "big prep day" (great for people who work long hours during the week but might have time to spend in the kitchen on the weekend) or "prep-as-you-go" (good for folks who have a little more time each day to cook). Reminders like "set aside extra taco meat for tomorrow's burrito bowl" are woven in as well. The recipes are easy to follow and based on familiar flavors and food combinations, so this would not be a jarring change for anyone transitioning to Paleo as a new way of eating. This would also be a great book for people who are already eating Paleo but looking for meal planning guidance and budgeting tips.

If you think the Paleo diet is expensive, than you need this book. Liz has meal plans and recipe that are delicious and will save you money. Also, if you think you can't use coupons on the Paleo diet, Liz proves you wrong by sharing how to do this on the diet.

What a fantastic book. Filled with delicious recipes, fun facts and how to plan a meal. There is also

a section for cooking measurement equivalents and the metric equivalents, as well. A must own cookbook for anyone who enjoys cooking the Paleo (foods your grand-grandparents ate, with meat, fish, vegetables, fruits, nuts and seeds) way. Easy to follow with most of the ingredients easy to find. What an enjoyable cookbook, in so many ways.*Received for an honest review from the publisher*Rating: 5Heat rating: N/AReviewed by: AprilR, courtesy of My Book Addiction and More

Just love it... so often menu plans written in the US don't translate well for us in NZ, but I can use this with only the minimum of tweaks!

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