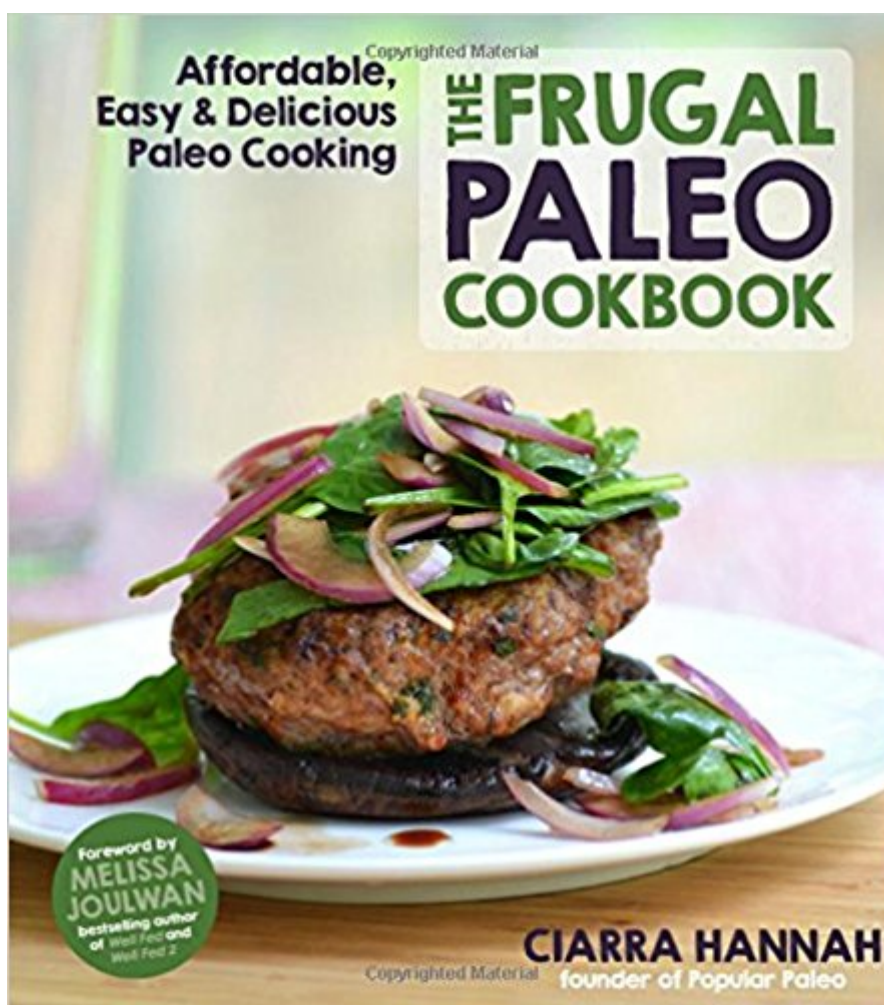


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# The Frugal Paleo Cookbook: Affordable, Easy & Delicious Paleo Cooking



## 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

Paperback: 208 pages

Publisher: Page Street Publishing (December 2, 2014)

Language: English

ISBN-10: 1624140882

ISBN-13: 978-1624140884

Product Dimensions: 8.1 x 9.1 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 318 customer reviews

Best Sellers Rank: #45,998 in Books (See Top 100 in Books) #29 in Books > Cookbooks, Food & Wine > Cooking Methods > Budget #80 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #94 in Books > Cookbooks, Food & Wine > Special Diet > Allergies

## Customer Reviews

• The Paleo community has been waiting for this book! How Ciarra was able to stay practical and affordable without sacrificing flavor and fun is beyond me, but she did it • and she did it phenomenally well. • LIZ WOLFE, NTP, author of Eat the Yolks • Stuff it, naysayers: saving money doesn't mean skimping on taste. Eating nourishing food can be affordable, accessible and inventive, and Ciarra proves it with her amazing recipes. • MICHELLE TAM, New York Times bestselling author of Nom Nom Paleo: Food for Humans • The main complaint I hear from people

who are beginning the Paleo diet is that it is so expensive. Ciarra has come up with meals that keep the whole family satisfied while keeping extra money in your pocket, so there is no excuse for not trying the Paleo diet with this cookbook!

- JULI BAUER, author of *The Paleo Kitchen* and *OMG. That's Paleo?*
- The *Frugal Paleo Cookbook* is a must-have resource. Cooking with high-quality, fresh ingredients can get expensive. In this book, Ciarra shows us how to save money in the kitchen without compromising on flavor. These recipes are not only delicious, they are also creative and easy to make!
- ARSY VARTANIAN, author of *The Paleo Foodie Cookbook* and *The Paleo Slow Cooker*
- The *Frugal Paleo Cookbook* will help you make flavorful, nourishing Paleo meals for your entire family without breaking the bank.
- STEPHANIE GAUDREAU, creator of *Stupid Easy Paleo* and author of *The Paleo Athlete*

CIARRA HANNAH is the creator of [PopularPaleo.com](http://PopularPaleo.com). Ciarra's recipes can be found on Mark's Daily Apple, [StupidEasyPaleo.com](http://StupidEasyPaleo.com) and [PaleoParents.com](http://PaleoParents.com). She lives in Tacoma, Washington.

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.

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!

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 too--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!

I'm relatively new to the Paleo lifestyle, and I'm on a budget. The Paleo lifestyle can be daunting when it comes time to ring up your groceries. I know because I have a handful of Paleo cookbooks, and while I admire the artistic chef-like way that other Paleo authors recreate traditional comfort foods using tons of almond flour, coconut flour, and other expensive Paleo staples, I just can't afford to eat that way right now. This book is different in that it goes easier on that kind of stuff, and as a general rule, tends to focus on meats, veggies, and the like. You need a Paleo friendly fat to cook

with and a few recipes call for coconut aminos, flaxseed meal, or arrowroot powder. I think that's incredibly budget friendly. Sorry, but if you're looking for a cookbook that has a bunch of three and four ingredient recipes, this isn't the book for you either. That being said, most recipes are under ten ingredients. I have a well stocked spice cabinet because I'm already a confident, adventurous home cook so my shopping list tends to be reasonably short for most recipes in this book. There are all kinds of categories in this cookbook: beef and lamb, poultry, pork, seafood, eggs, vegetables, and basics. I think anyone, Paleo follower or not, could get something from this book. The basics chapter is great. It contains lots of seasoning blend recipes. Since my spice cabinet is stocked, I can blend up several seasoning blends now, and when time is short and I can't meal plan, it will be easy to season a protein and grill it or roast it on short notice. I was also pleasantly surprised to find a handful of crockpot recipes. Out of the Paleo cookbooks I own, this one is the workhorse on my bookshelf. If Ciarra publishes more books along this theme, I will be pre-ordering them!

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