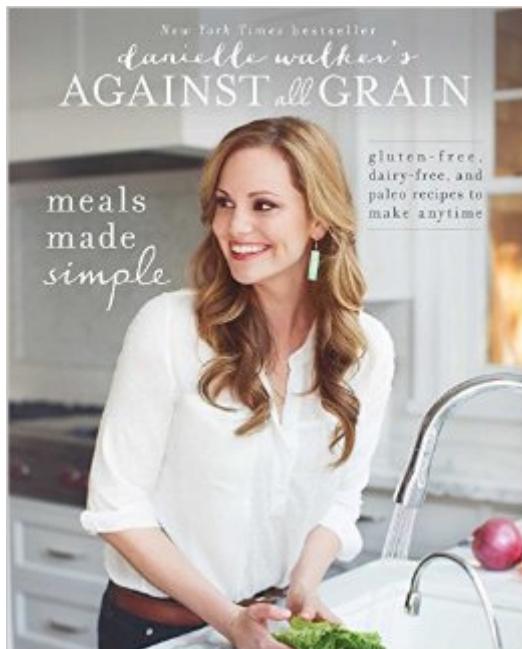


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# Danielle Walker's Against All Grain: Meals Made Simple: Gluten-Free, Dairy-Free, And Paleo Recipes To Make Anytime



## Synopsis

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 slow cooker, one-pot, and 30-minute recipes

## Book Information

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## Customer Reviews

I have so many things to say about this cookbook but I'll start with my favorite aspect and the reason I'm giving 4 stars. Con: It is simple. Upon first receiving it and glancing through it I was a little disappointed that it seemed sparse and recipes for mayonnaise, cauli-rice and chicken stock stuck out at me. Roughly just over 100 recipes and some of them very basic. I understand why the basics are in here but I didn't expect so much beginner 'education' in a second cookbook. Seems like those of us buying it would be familiar with paleo terms/shopping already. However, as is my custom, I read through it cover to cover and that is where the real value of this book comes out. Favorite: Those few reviewers that are unhappy with this book aren't realizing that the real value is in the unbelievable amount of time and work that Ms. Walker put into making 8 weeks of meal plans! If anyone has tried to do this on their own they'll really understand how valuable this is. We're talking 8 weeks of coordinated recipes, 8 weeks of shopping list and elaborate recipe indexes. This book is a two month meal plan and yet also a fully functioning cookbook. These recipes all work together, and leftovers are designed to be used in a new recipe (if desired). No longer do you have to open a can of coconut milk and hope the remainder doesn't go to waste, she accounts for so many of the little details like that. So far each of the recipes I've tried have been wonderful. Actually, every recipe I've tried of Danielle Walker's has been wonderful. Tried and true. To elaborate, here are the things I love about this book:- meal plan with shopping lists- indexes!

One of my go-to cookbooks is Danielle Walkerâ™s Against All Grain. In her new book, Against All Grain: Meals Made Simple, she has added even more mouthwatering delights for the Paleo chef. Danielle was diagnosed with an autoimmune disease at twenty-two, and she spent years in and out of hospitals and taking some heavy-duty prescriptions for her condition until sheâ™d had enough. Medical science wasnâ™t helping her, so she took matters into her own hands and

experimented with diet. By eliminating gluten, grains, dairy and legumes, she transformed her health. So successful was she that she started a blog to help others. And so, out of that hugely successful blog, sprang the idea of creating her first cookbook. Now we have book two, lavishly photographed by Danielle herself and filled with tasty recipes your family will love. There are recipes for quick weeknight meals, slow cooker dishes and ways to create new meals from leftovers. Danielle shows how to protect the budget by purchasing larger cuts of meat, the whole bird instead of parts and by buying in bulk. She suggests buying online as well. I live in an area where most of the items I need are available locally, but often I purchase online to save. Sheâ™s included a Paleo cheat sheet that shows which foods to eat and which to avoid. Meals Made Simple includes a photo section with 8 weeks of meal plans and makes finding a particular recipe easy peasy. Her Overnight Breakfast Casserole (p. 62) is scrumptious. A bit like a frittata, it contains yellow onions, white sweet potatoes, bacon, bell peppers and eggs. My favorite dinner recipe is the Ropa Vieja (p. 158). This is a slow cooker recipe with little prep.

The intended audience for the book is those who need help in planning and executing meals for the long run. I would fit into that category and am so grateful to have it thought out for me. I am not an organizer or a good cook. Cooking and planning meals overwhelms me because of all the brain work necessary. We have 3 different special diets in our house. I can juggle them all with her recipes and only have to fix one version of a meal not 3. (She provides lists for substitutions and lists for which recipes include eggs etc.) I am weary of looking up recipes on the internet and trying to make up a menu with 3 different diets! Not that I haven't tried. So with the help of this book I have made delicious simple meals that are full of flavor and with built in ideas for the left overs. Danielle understands those of us that have low energy and need it all just made simple. My family likes the recipes. For instance: The roast chicken is gourmet. We had it for a family gathering tonight. I use the bread recipe from her other book for sandwiches for lunch tomorrow. I have been following the week 2 menu for about 10 days now and I am able to get a meal on the table on time and everyone can eat the same food. Our son with the worst allergies frequently comments how much he likes just eating everything with everyone else. He volunteers to help me get the meals ready now! So I have simply put our whole family on the Paleo diet allergies or not to simplify my life and it is working. This book is a game changer for our family. Plug it in and run! I love that we can all sit down together for dinner and all eat the same thing. It is simple enough I am going to give the kids each their own night to cook and have them learn how to cook for themselves too!

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