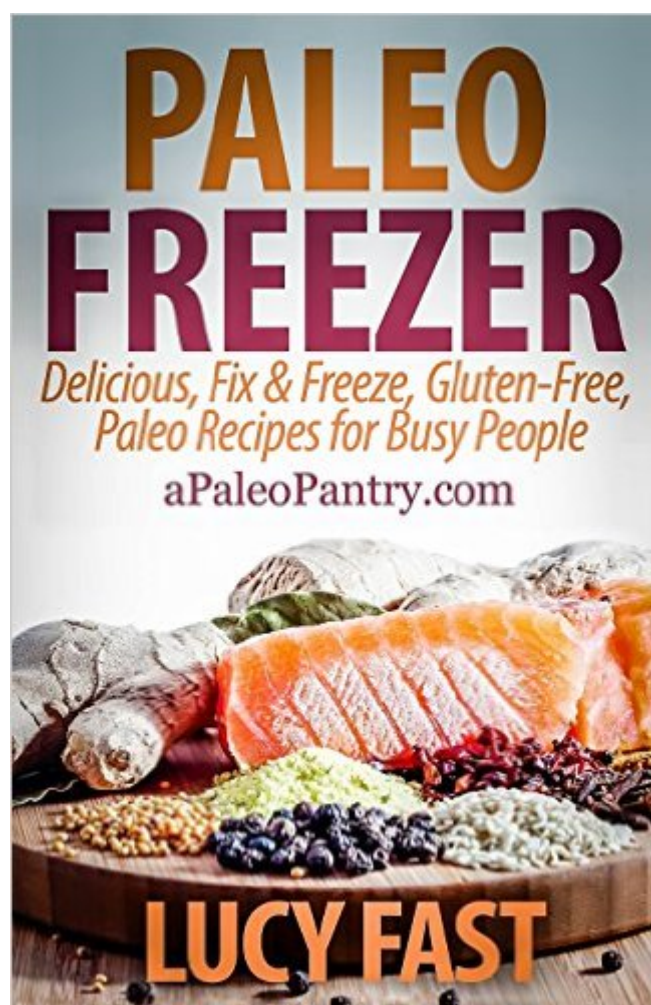


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# Paleo Freezer: Delicious, Fix & Freeze, Gluten-Free, Paleo Recipes For Busy People (Paleo Diet Solution Series)



## Synopsis

\*\*\* #1 Best Seller in Professional Cooking in Quantity \*\*\*  
Just to say Thank You for checking out this Book I want to give you a copy of my upcoming book Paleo Pantry: The Beginner's Guide to What Should and Should NOT be in Your Paleo Kitchen. Go to aPaleoPantry.com to reserve your FREE copy!  
This ain't your Mama's Freezer cookbook! Join me in Paleo Freezer: Delicious, Fix & Freeze, Gluten-Free, Paleo Recipes for Busy People as we take a culinary journey through poultry, meat, seafood and vegetable dinner dishes that are made with whole, nutritious and delicious ingredients - and are ready to store in the freezer for one of those crazy nights when you just don't have time hmmm - tonight? Each recipe includes directions to make the dinner so you can try it, then instructions to make it in bulk freeze it, reheat it to have a couple of dinners on hand if you really like it. Here Is a Preview of What You Will Learn...  
\* How to make your life less stressful at dinner  
\* How to provide your family with an delicious variety of Paleo dinners  
\* How to make meals that can be frozen and stored for 4 months!  
\* How to quickly heat up frozen meals  
\* How to cook dishes containing wild game, poultry, mussels and even octopus for those feeling adventurous (and how to substitute other proteins for those who aren't)!  
\* Tips on freezer storage  
Plan ahead and make dinner time a breeze by simply reheating impressive and flavorful dishes. Your family will think you brought home take out from a fine dining restaurant. Scroll up and get your copy of Paleo Freezer: Delicious, Fix & Freeze, Gluten-Free, Paleo Recipes for Busy People now!

## Book Information

Series: Paleo Diet Solution Series

Paperback: 64 pages

Publisher: CreateSpace Independent Publishing Platform (August 27, 2014)

Language: English

ISBN-10: 1500948500

ISBN-13: 978-1500948504

Product Dimensions: 5.5 x 0.2 x 8.5 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars See all reviews (22 customer reviews)

Best Sellers Rank: #537,563 in Books (See Top 100 in Books) #248 in Books > Cookbooks, Food & Wine > Professional Cooking #679 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #875 in Books > Cookbooks, Food & Wine > Special Diet > Paleo

## Customer Reviews

I was sold when I read the increased recipes included with regular 2 or 4 serving recipes. It helps to have the recipes if you wanted to make the recipe in a big enough batch to be eaten 3 or more meals on different days. I love that the recipe to make a big batch is provided with each single meal recipe as well so you can plan ahead while you are it it. And recipes are a very good mix as well. Will be trying several of the recipes in next few weeks!

Quite a nice little ebook. Most of the recipes are made for 4 people with advice on how to quadruple it if you want to cook a number of days in advance for your family of 4. A lot of the recipes do involve some work. I haven't tried any yet so I don't know what they are like.

Absolutely love the delicious and healthy recipes in this book - you've got to try the chicken with coconut milk! Cooking ahead of time and freezing meals is the only way I can keep my life under control, so this book gives me heaps more recipes to arm myself with.

The recipes in this book are not only good for busy families, but for busy singles too! These recipes are great and there is no better way to cook and freeze HEALTHY meals. You have to try these recipes. You do not have to be in the kitchen every night. Any leftovers you can freeze and have for another meal later on.

A lot of these recipes aren't actually "freezer" meals. I feel like a freezer meal is one you can fully make ahead of time, then freeze, and thaw when you're ready to eat it. Many of these require quite a bit of prep once you've already cooked, frozen, and thawed the first half of it! What on earth is the point of that? And is an omelette really a "freezer" meal? This pamphlet could have been reduced to a blog post, easily. And with 3 typos within the first few pages, the cut-and-paste freezing instructions after each recipe, and the "to feed a family 3 meals, just triple the recipe and either cook in a bigger pot or make it 3 times" statements, make this little pamphlet feel like a project that a college student was trying to stretch to fill however many pages. Would have been helpful if I haven't seen these recipes before, but there was nothing helpful here at all for our family :(

While I'm not a follower of the Paleo lifestyle, I do have a few friends who are. Because of them I'm aware of what they like to eat. They will love these recipes. They're 'foodies' so to speak, and like to try new recipes. What I find appealing are the tips and strategies for freezing and reheating the

meals. Very good guide. Thanks.

As a busy mom of two active girls, I love the recipes in here that I could complete on the weekend and freeze for later. Great for busy school days or even family ski days. Just take something out of the freezer and just warm it up when we get home. Can't wait to try the sautéed shrimp with asparagus. Thanks!

This has some very innovative and interesting recipes. It has a few rare ingredients such as octopus and I wouldn't recommend freezing lettuce but otherwise is very good. Being able to prepare meals in advance and freeze them is a great idea.

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