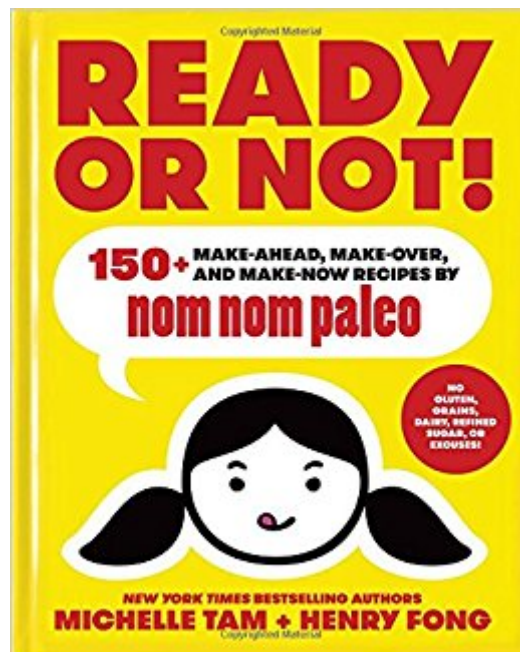




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# Ready Or Not!: 150+ Make-Ahead, Make-Over, And Make-Now Recipes By Nom Nom Paleo



## Synopsis

Ready or not, it's the second New York Times bestselling cookbook from the James Beard Award nominated creators of Nom Nom Paleo, the wildly popular blog, app, and cookbook! You know how it is: some days, you're fired up and ready to cook; other days, you dread the thought of making dinner. More often than not, you find yourself floating somewhere between inspiration and desperation. What's a crazy busy (but kind of lazy) home cook to do? The answer: pick up this book. Ready or Not makes healthy Paleo home cooking a breeze, no matter if there's time to prepare or just minutes to spare. Whether you're a fastidious planner or a last-minute improviser, you'll find plenty of deliciously nourishing options, from make-ahead feasts to lightning-fast leftover makeovers. Presented in Nom Nom Paleo's deliriously fun comic book style, Ready or Not makes Paleo cooking easy, no matter how much time you have. In fact, this cookbook is organized into color-coded sections to match your readiness level: GET SET! First, stock your kitchen with essential building blocks--from store-bought necessities to D.I.Y. ingredients that'll set you up for anytime cooking. READY! Got time to cook? Turn to these recipes for make-ahead meals and spectacular dishes like Pressure Cooker Bo Ssäm and Strawberry Almond Semifreddo! KINDA READY! Learn how to transform pantry staples and leftovers into impromptu meals that'll satisfy the most discriminating palates. NOT READY! Emergency meals can be delicious, too. In this section, you'll find super-fast recipes like savory stir-fries and sheet pan suppers. Along with colorfully written and gorgeously photographed step-by-step recipes presented in a cheeky cartoon format, Ready or Not features kitchen hacks, Paleo ingredient guides, meal plans, shopping lists and more!

## Book Information

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## Customer Reviews

Praise for Michelle Tam and Nom Nom Paleo: "There's a contagious joyousness about the way Michelle presents food that makes you want to cook with her." -Michael Ruhlman, James Beard Award-winning cookbook author "Michelle Tam's recipes are often Asian-influenced, often California-inspired, and always popping with flavor." -The Kitchn "Like many, I've found myself under the Nom Nom spell. If you've flirted with going Paleo, you've heard of Michelle Tam and Henry Fong, and their amazing book, which expresses all the clarity and all the charm that draws the thousands of Nom Nom fans to their website." -Evan Kleiman, host of KCRW's Good Food "Oddly provocative." -Christopher Kimball, founder of Milk Street and America's Test Kitchen "The Martha Stewart of Paleo." -The New York Times

"Whether you eat Paleo or not, the recipes in this fantastic new cookbook are sure to please even the pickiest eater. These recipes are easy to follow and packed with tons of bold flavor. It's become one of my favorite books in my collection." -Jesse Tyler Ferguson, star of ABC's Modern Family "Michelle makes it easy for you to feel like a kitchen whiz, even if cooking just isn't your thing. Ready or Not! 's innovative design and approach to meal prep will change the way your family shops, cooks, and eats, leaving you happier, healthier, and more excited about food than ever." -Melissa Hartwig, New York Times bestselling author and co-creator of the Whole30 "Ready or Not! has made eating Paleo possible for the everyday home cook. With amazing step-by-step photography, this is a fun and accessible guide that will change the way we all think about healthy food at home." -Chris Cosentino, chef/owner of Cockscomb and winner of Top Chef Masters "Michelle's knack for creating super delicious and effortless meals is a gift to every working professional, student, or busy parent, and Henry's informative, entertaining cartoons will also prompt kids to get involved. I foresee the 'Not Ready' chapter being used over and over again in our home." -Danielle Walker, New York Times bestselling cookbook author "Michelle and Henry have raised the bar again with more great ideas and easy-to-follow recipes. Ready or Not! is smart, informative, fun to read, and utterly delicious. Everyone who loves food should have a copy on the kitchen bookshelf." -Aki Kamoza + H. Alexander Talbot, Ideas in Food / Curiosity Doughnuts

I saw the darling cover on this book and flipped through it, and it looked like a graphic novel cookbook. My kids ask me for cooking lessons all the time. I love to get them books that have photos of not just the finished product, but also the steps involved, and this does that, but with some comic interjections. Perfect! I thought it would be a fun, easy book. Then I tried a few recipes and was really impressed. IÃ¢â¬Åd underestimated it because of the whimsical feel. Fantastic book! Recommend!! I made one minor change to the recipes I made. I don't have ghee in my fridge, but I do have a lot of bacon fat I rendered, so I used that wherever ghee was called for. :) Pictured below:

- 1-2) Pressure Cooker Carne Mechada on p 144 over the Cauli Rice on p 80. This is the best thing thatÃ¢â¬Ås ever come out of my pressure cooker. Really. My husbandÃ¢â¬Ås Cuban and his favorite comfort food is Ropa Vieja, so I had to try this because itÃ¢â¬Ås so similar. Terrific flavor and the meat was falling apart. The cauliflower rice was surprisingly nice.
- 3) Spicy Bacon Honey Nuts Ã¢â¬Å p 232 (left) and Hurricane Pig Nuts Ã¢â¬Å p 232 (right). The only difference between these two recipes is the addition of furikake. Some companies that sell it call it different things. My usual grocer has it as Eden Shake. I had some on my spice wall, so I used it on half, so everyone could pick a favorite. Anyhow, both delicious, but the votes were unanimous for the Spicy Bacon Honey Nuts in this house.
- 4) PB&J Energy Balls Ã¢â¬Å p 314. Killer treat for your sweet tooth.
- 5) Macadamia Crusted Sriracha Ranch Salmon Ã¢â¬Å p 198 using the Sriracha Ranch Dressing Ã¢â¬Å p 57, and Mango Cabbage Slaw Ã¢â¬Å p 253. Amazing dinner. This is absolutely delicious. The dressing recipe makes 4x what you use here, so thereÃ¢â¬Ås plenty left over for later.
- 6) Pina Colada Tapioca Pudding Ã¢â¬Å p 162. Killer breakfast. I cheated and prepared the tapioca and vanilla pineapple the night before, then tossed the pineapple in the ice cream maker when I woke up in the morning.
- 7) Sunday Gravy with Zoodles Ã¢â¬Å p 152. This is flippin' fantastic! I was hoping to do the pressure cooker version, but mine's 6 quart, so this wouldn't fit. If you've got an 8 quart, you'll cut 2 hours off.
- 8) Monday Frittata - p 218. Easy peasy and yummy. This uses a cup of the leftover Sunday Gravy. Niiice. It calls for chard, but I had kale, so in the spirit of using up what you have, I went with that.
- 9) Duxelles Chicken (Mushroom stuffed!) Ã¢â¬Å p 201 & p 75, and Roasted Carrots with Ginger Sesame Sauce - p 180 & p 66. Divine! It looks darling, but it's super easy.
- 10) Sheet Pan Sausage Supper Ã¢â¬Å p 298. Two minutes of effort, and tasty!
- 11) Stuffed Sunday Peppers - p 217. This uses up 2 cups of the leftover Sunday gravy. About two minutes to get into the oven. Perfect, because my little one wanted to get out and play a little volleyball. Yum!
- 12) XO Pork with Blistered Green Beans Ã¢â¬Å p 220 & 54. Wonderfully flavorful!
- 13) Hoisin Glazed Burgers Ã¢â¬Å p 229, 59, & 74. We loved these. Love the sweet sauce against the smoky grill flavor.
- 14) Roasted Ginger Sesame Broccoli - p 66. The sauce makes a double batch. I used the

other half on the carrots in pic 9. Terrific side!15) Souvlaki " p 136. Garlicky, lemony grilled deliciousness. The chicken thighs marinated while I got the grill all fired up and preheated. I was in the mood for some colorful grilled veggies to go with it, so I tossed 2 zucchini, 2 sweet bell peppers, a small package of mushrooms in a similar marinade (minus the lemon) and threw that in a grill basket next to the skewers. I added grape tomatoes at the very end to just blister. Tasty, easy dinner.16) Jibaritos " p 210 with Fried Plantains (tostones) - p 98, Roasted Garlic Mayonnaise - p 52, Pressure Cooker Kahlua Pig - p 128, and Mango Avocado Salsa - p 70. Best thing in the book! Two hours, but so worth it. This is why I have a mouth.17) Pot Sticker Stir Fry " p 304. Pot stickers are my 16 year old's favorite food group, and this tastes just like pot sticker filling. Delicious, packed with veggies, and on the table in less than 30 minutes. I may increase the garlic and ginger next time. Total keeper.18) Easy Chicken Tinga " p 117 and Mexican Watermelon and Cucumber Salad " p 188 & 46. Super flavorful, refreshing, a little spicy, and only about an hour to get it on the table. Some others I have flagged to try: Smoky Chestnut Apple Soup " p 92 \* Buffalo Cauliflower Things " p 100 \* Roasted Dijon Tarragon Chicken " p 106 \* Chicken Breasts with Ginger Scallion Pesto " p 108 \* Bacon Wrapped Chicken with Lemon and Date Sauce " p 110 \* Bacon Apple Smothered Pork Chops " p 122 \* Braised Pork in Coconut Water " p 127 \* Bangin'"™ Baby Back Ribs " p 138 \* Tex Mex Beef and Rice Casserole " p 146 \* Hangry Soup " p 178 \* Choose Your Own Adventure Egg Muffins " p 200 \* Pork Chicharron Nachos " p 214 \* Asparagus Beef " p 230 \* Chia Muesli Parfait " p 234 \* Cracklin'"™ Chicken " p 278I'"™ll update this as I play in the book more. Now I'"™m curious about their first book|. ;)

Bravo, Michelle and Henry!!!! I loved Michelle and Henry's first cookbook and this one is even better! I have already made three recipes: PB&J Energy Balls (awesome!), Roasted Onion Soup (awesome!), and Pork Ginger and Kabocha (crazy-good-awesome!). I have met Michelle, Henry, Ollie, and Owen and they are a wonderful family, doing their best to represent healthy cooking and eating. Michelle is the real deal. She is passionate about her inventive, creative culinary point of view and she tests the recipes to make sure they are rock solid. I have many paleo cookbooks, but Michelle's - by far - are the very best. You won't be disappointed and you will have fun cooking these recipes.

There is something about having an actual hardcover/print cookbook in front of me, instead of trying to read a recipe on my phone or iPad! Maybe it'"™s because I'"™m starting to have to

hold out things to read them or maybe just the little screens! And while I've used countless recipes from nomnompaleo.com and the Nom Nom Paleo app, they don't beat this book! It's so vibrantly colorful and the recipes are laid out like a comic book it appeals to both the right & left sides of my brain! Michelle's to-the-point cooking style, quick sauces, and again, yummy pictures, make me not dread the Whole30 I'm about to embark upon and make me ready to dive into paleo cooking. And this is saying A LOT as I'm married to a former executive chef and don't do much cooking AT ALL. I see some changes on the horizon.   
#READYORNOTROCKS

Amazing! So impressed with the thought process behind this cook book. You can tell that the authors took their time to figure out all the details of the book. The photos and recipes are great and perfect for the expert to lazy cooks. After a long day at work, the last thing I want to think about is making dinner. Michelle Tam creates easy and delicious recipes that I can whip up in little time. Well done!

Very surprised at this book! I have followed the author's blog, but was a bit leary of the illustrated cartoon type format. Turns out, it is great. Great recipes (so far each one I have tried has been delicious) and a fun approach.

Wow! What a fabulous book! I'm so impressed with all the work that has gone into making this cookbook. I can't even imagine the hours, days, weeks and months that went in to this book. Now the bonus is..... the recipes are easy and delicious. If you can't find a recipe in this book that you and your family would love, I feel sorry for you. Delicious food! Blood, sweat and tears went in to making this gorgeous book. Everyone run and buy this book. It's so worth it.

First of all, Michelle makes Paleo delicious and fun! Her Ph.d in pharmacy is detectable throughout. She chooses and combines perfect, fresh healthy ingredients that are amazingly good! She took the time to find many great dishes from many traditions and make them Paleo. We have watched several of her videos, over the years, watching Little-O and Big-O grow up and be a fun part of her cooking demos. The recipes are super easy and super good! Henry's photos make our mouth water and we can't wait to make another recipe! Thanks!

Really cool cookbook. Lots of images and even a bookmark ribbon. Will have to follow up after

cooking more recipes, but I imagine they are good since the ones on their website are.

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Ready or Not!: 150+ Make-Ahead, Make-Over, and Make-Now Recipes by Nom Nom Paleo  
Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes)  
Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals)  
The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle)  
Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners (paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3)  
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Paleo Diet for Beginners: Lose Weight and Start Living the Paleo Lifestyle. Easy Paleo Diet Recipes for Weight Loss (paleo books, Paleo Diet, Paleo Diet ... diet, living paleo for dummies Book 2)  
Paleo Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Paleo Recipes, Paleo, Paleo ... Paleo Recipe Book, Paleo Cookbook) (Volume 1)  
Paleo Instant Pot Cookbook: Amazing Paleo Instant Pot Recipes for Whole Family (Paleo Instant Pot Recipes Cookbook, Paleo Diet Guide Cookbook, Paleo Diet Recipe Book, Paleo Diet for Beginners)  
Paleo Diet: Ultimate Guide For Beginners, How To Lose Weight And Get Healthy (Paleo For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Rapid Weight Loss, Paleo Diet Plan)  
Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners)  
Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series)  
Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food)  
Paleo For Beginners: Paleo Diet â€œ The Complete Guide To Paleo â€œ Paleo Cookbook, Paleo Recipes, Paleo Weight Loss  
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Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat)  
Paleo Desserts: Satisfy Your Sweet Tooth With Over 100 Quick and Easy Paleo Dessert Recipes & Paleo Diet Baking Recipes (gluten free, lose belly fat, paleo ... diet desserts, paleo diet, wheat free)  
Nom Nom Paleo: Food for Humans  
Paleo Diet: 55

Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) Paleo Instant Pot: 365 Days of Instant Pot Anti Inflammatory Paleo Recipes: Paleo Diet for Beginners, Paleo Diet Cookbook, Breakfast, Lunch, Snack, Crock Pot, Healthy, Slow Cooker, Paleo Recipes,

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