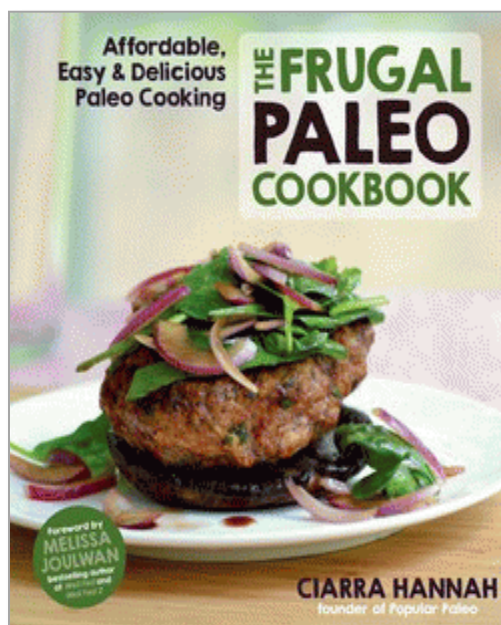


## Advance Information

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



<b>Author:</b>	Ciarra Hannah, Melissa Joulwan
<b>ISBN:</b>	9781624140884
<b>Imprint:</b>	Page Street Publishing
<b>BIC Category:</b>	Cookery dishes & courses   General cookery & recipes
<b>Dimensions:</b>	229 x 203 x 12
<b>Binding/PP:</b>	Paperback, 192 pp
<b>Rights Countries:</b>	Ireland & United Kingdom
<b>Pub. Date</b>	01 Jan 2015
<b>Price:</b>	GBP14.99
<b>Illustrations:</b>	60 full colour photographs

#### Selling Points:

Save money and stick to your diet with delicious Paleo recipes that are inexpensive and easy.

#### Description:

Just because you're on the Paleo diet doesn't mean you need to spend a fortune. Ciarra Hannah, creator of PopularPaleo.com, which gets over 362,000 page views a month, has one hundred Paleo recipes that feature grass-fed meat and naturally-raised whole food ingredients but are also light on your wallet. The cost of eating a Paleo diet is significant and an issue in the Paleo community—until now. Ciarra uses flavourful but less expensive cuts of meat slow-cooked in stews or braised, as well as her roll-forward technique to make bigger batches from less expensive per-pound cuts to make multiple delicious dishes. She has a strong selection of Paleo dishes for everyday eating the whole family will love. Ciarra's recipes include Cauliflower Lasagne, Beef Tips in Rosemary Balsamic Glaze, and Vegetable Beef Curry. So, if you're loving the Paleo diet but hating the amount of money you spend each month, then this book is a must-have. Save your money, stick to your diet and enjoy your tasty Paleo meals.