



# Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals

*Julie Mayfield, Charles Mayfield*

Download now

[Click here](#) if your download doesn't start automatically

# Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals

*Julie Mayfield, Charles Mayfield*

**Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals** Julie Mayfield, Charles Mayfield

The bestselling authors of *Paleo Comfort Foods* and *Quick & Easy Paleo Comfort Foods* are back with easy, delicious, quick, family-friendly Paleo recipes for dinner, featuring plenty of lean proteins, fruits, vegetables, and healthy fats.

Here are 100 satisfying Paleo recipes to add variety and keep your family well fed, no matter how hectic or busy your day. For those new to Paleo or in need of a refresher, the Mayfields list the equipment, appliances, and pantry staples you'll need to set up a Paleo kitchen, and provide prep tips, meal plans, and shopping lists to organize weekly meals.

Filled with more than sixty gorgeous color photographs, *Weeknight Paleo* presents a range of delicious fare, including:

- **Quickfire Meals**—dishes that can be prepped, cooked, and served in under 20 minutes, such as Burrito Bowls with Lime Cumin Slaw, Pork Medallions with Sautéed Apples, and Quick Gumbo;
- **International Meals**—Pad Thai, Shrimp Fried Rice, and Green Enchiladas with (Not) Beans and other global cuisine favorites;
- **Recipes that Keep on Giving**—dishes that can be made in advance and used in other meals throughout the week, including Carnitas with Patatas Bravas, Fajita chicken, and Pan-Seared Steaks with Cauliflower Rice;
- **Family Favorites**—top picks from the Mayfield's own household, such as Honey Mustard Chicken with Crispy Cauliflower Fritters, Shrimp and Grits, and Meatballs with Simple Marinara;
- **Fix It and Forget It!**—longer prep meals like Pork Tinga, Lamb Tagine, and Stuffed Peppers that are hands-off and easy to make in a slow cooker;
- **Get Your Veggies In!**—Avocado Tomato Salad, Tuna Salad, and other basic salads as well as creative variations like the Sweet Potato Cobb and the Sriracha Shrimp Salad;
- **Special Occasions**—indulgent Stuffed Lobster Tails, Filet Mignons with Bacon Sauce, Seared Scallops with Root Vegetable Mash, and other festive food;
- **Sauces, Staples and Sweets**—chicken and beef stock, oyster sauce, mayonnaise, and desserts like Pumpkin Not-Cheesecake and Molten Chocolate Cakes with a Kick!

Make dinner quick, easy, and appealing with this latest collection of enticing and healthy Paleo meals!

 [Download Weeknight Paleo: 100+ Easy and Delicious Family-Fr ...pdf](#)

 [Read Online Weeknight Paleo: 100+ Easy and Delicious Family- ...pdf](#)

## **Download and Read Free Online Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals Julie Mayfield, Charles Mayfield**

---

### **From reader reviews:**

#### **Harley Fabry:**

This Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals are usually reliable for you who want to be considered a successful person, why. The key reason why of this Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals can be on the list of great books you must have is usually giving you more than just simple looking at food but feed you with information that maybe will shock your preceding knowledge. This book is actually handy, you can bring it just about everywhere and whenever your conditions at e-book and printed types. Beside that this Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals giving you an enormous of experience including rich vocabulary, giving you trial run of critical thinking that we realize it useful in your day action. So , let's have it and revel in reading.

#### **Randy Garrison:**

The reason? Because this Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals is an unordinary book that the inside of the guide waiting for you to snap it but latter it will shock you with the secret this inside. Reading this book close to it was fantastic author who else write the book in such remarkable way makes the content on the inside easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This book will give you a lot of gains than the other book have got such as help improving your talent and your critical thinking way. So , still want to hold off having that book? If I had been you I will go to the e-book store hurriedly.

#### **William Patterson:**

You are able to spend your free time to learn this book this guide. This Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals is simple to bring you can read it in the area, in the beach, train in addition to soon. If you did not possess much space to bring the actual printed book, you can buy the particular e-book. It is make you easier to read it. You can save often the book in your smart phone. Therefore there are a lot of benefits that you will get when you buy this book.

#### **Paul Avila:**

As we know that book is significant thing to add our understanding for everything. By a publication we can know everything we would like. A book is a group of written, printed, illustrated or perhaps blank sheet. Every year was exactly added. This e-book Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals was filled concerning science. Spend your extra time to add your knowledge about your scientific research competence. Some people has various feel when they reading a book. If you know how big advantage of a book, you can feel enjoy to read a publication. In the modern era like at this point, many ways to get book that you just wanted.

**Download and Read Online Weeknight Paleo: 100+ Easy and  
Delicious Family-Friendly Meals Julie Mayfield, Charles Mayfield  
#80MSR5OUZAY**

## **Read Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals by Julie Mayfield, Charles Mayfield for online ebook**

Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals by Julie Mayfield, Charles Mayfield Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals by Julie Mayfield, Charles Mayfield books to read online.

## **Online Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals by Julie Mayfield, Charles Mayfield ebook PDF download**

**Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals by Julie Mayfield, Charles Mayfield Doc**

**Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals by Julie Mayfield, Charles Mayfield Mobipocket**

**Weeknight Paleo: 100+ Easy and Delicious Family-Friendly Meals by Julie Mayfield, Charles Mayfield EPub**