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Weeknight Paleo: 9 Weeks of Quick and Easy Gluten-Free Meals

Amber Beam

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Weeknight Paleo delivers a step-by-step plan for getting nourishing meals on the table in minutes. Each week includes a meal plan, a make ahead schedule, a shopping list, and recipes to create quick and tasty Paleo dinners. The key to getting fast and flavorful Paleo meals on the table in a hurry is the application of several smart cooking practices: Make Ahead: Shave off weeknight prep time by spending 60 minutes or less in the kitchen on the weekend. Weeknight dinners hit the table in a flash because prep is complete and cooking can begin immediately. This, then That: Transform one ingredient into two distinct dinners. Cooking a double batch of a key ingredient (e.g. steak) once during the week or on your Make Ahead day, gives you a head start on the second dinner days before the meal is ready to be served. Quick Cooking Meals: Whip up made-from-scratch meals by taking advantage of quick cooking ingredients and smaller portions to reduce cooking time but still maintain amazing flavor. Be a culinary super hero any night of the week. Weeknight Paleo gives you tools to make a quick and easy grain-free, gluten-free meal your entire family will enjoy!

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