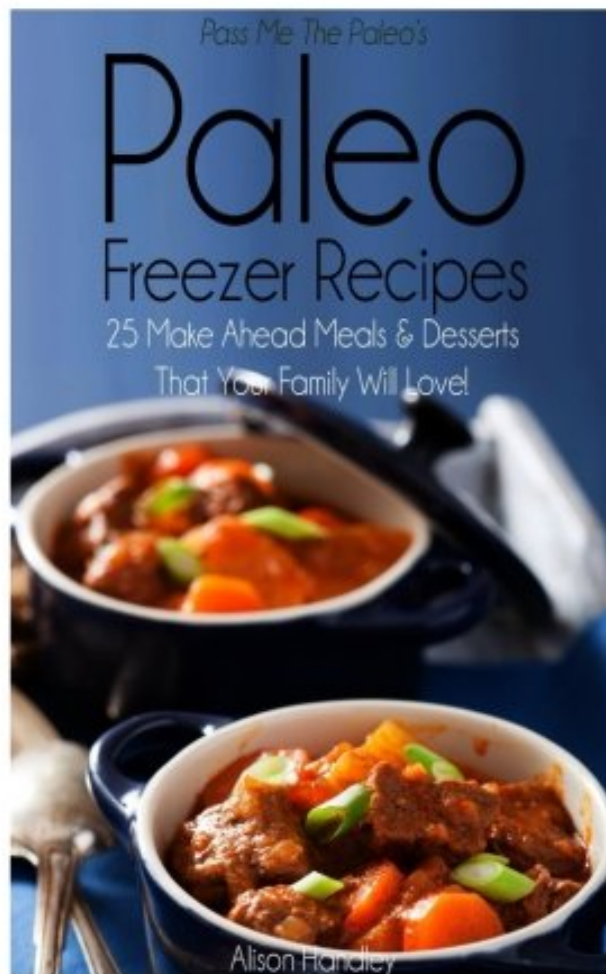


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Alison Handley

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0 of 0 people found the following review helpful. Really recommended for busy moms after easy recipesBy Agnes F.As a busy working mom of 2, I love finding some great recipes quick to cook and that even the fussiest toddlers would love.Imagine that you can also make them ahead and freeze, it just sounds like magic!Well, here comes Alison and her freezer recipes :-)I especially recommend the Moroccan lamb meatballs (we made tons multiplying the ingredients by 5) and use them 3 times a week. They basically taste great with anything else, be it rice/vegetables/mashed potatoes/pasta...Same for the Mushroom Curry (absolutely delicious) and the Aubergine, courgettes, sweet potatoes medley.If your kids are just like mine, I bet you have a hard time to get them eat fruits and vegetables. Check out the nectarine, kiwi, banana ice pops recipe! Works a wonder.What really makes the cookbook a five stars, even though there are not any photos of the recipes, is that the author also provides amazing tips for freezing. I use the trick with the straw all the time now to take less space in the freezer!0 of 0 people found the following review helpful. Yummy recipes!!!!By JessyI loved the recipes that has been described in the book. Paleo freezer recipes. I have been following this diet since long and having same kind of food is boring sometimes. Such new creativity in food like paleo freezer recipes are sometimes really good and tasty for our taste buds. Great creativity and i just enjoyed it!!!0 of 0 people found the following review helpful. good for sustained paleoBy Book Lover 88As a somewhat lazy bachelor, it is a pain to continually cook night in and night out for myself. I like the idea of this book-easy recipes that can be frozen. I like to make huge portions of the recipes like the chili, and am then able to cycle pre-made meals throughout the week, everything is ready in a couple of minute and I get to stay on track with paleo!

The Paleo Lifestyle is becoming extremely popular but the big knock on it is that its not EASY! In this book you will discover TONS of great make ahead recipes that can be easily frozen to allow you to eat amazingly delicious, HEALTHY food every day of the week!! What more could you ask for as it pertains to the health of you and your family?Here are all the great recipes you will enjoy Chicken and Vegetable Soup Mushrooms, Garlic and Chive Oil Soup Easy Pressure Cooker Beef Stew Pressure Cooker Chicken Soup Beef Spare Rib and Vegetable Soup Paleo Borsht Soup Butternut Squash and Ground Beef Chili Chelo Kebabs Paleo Lamb Meatballs with a Moroccan Twist Slow Cooker Chicken, Vegetables, with Coconut and Ginger Cornish Hen Tagine with Orange Flower Water and Dates Roast Duck Portions with Quince, Honey, Ginger and Cinnamon Iranian Spiced Lamb with Apricots Pineapple, Coconut and Pork Curry Beef Curry with an orange twist Chili Pork and Tomato Curry Aubergine, Courgettes, Sweet Potato Medley Spicy and aromatic mushroom curry Easy Slow Cooker Meatloaf Breakfast Paleo Sausages Black Cherry Coconut and Agar Ice Cream Coconut Sorbet Mango Lime and Coconut Ice Cream Nectarine Kiwi Banana Ice Pops Pineapple Ices