

Ready or Not!: 150+ Make-Ahead, Make-Over, and Make-Now Recipes by Nom Nom Paleo

By Michelle Tam, Henry Fong

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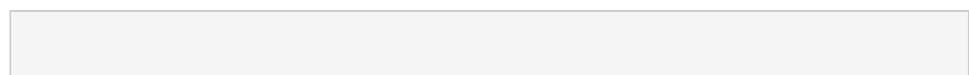
Ready or Not!: 150+ Make-Ahead, Make-Over, and Make-Now Recipes by Nom Nom Paleo By Michelle Tam, Henry Fong

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!



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Editorial Review

Review

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*

From the Back Cover

"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

About the Author

Together, Michelle Tam and Henry Fong are the critically acclaimed co-creators of Nom Nom Paleo, the Saveur Award winning food blog and Webby Award winning cooking app. Their first cookbook, *Nom Nom Paleo: Food for Humans*, became a *New York Times* bestseller, and was nominated for a James Beard Foundation Award.

Michelle is the working mom and food nerd behind Nom Nom Paleo's recipes and personality. Her obsessions include dark chocolate, trashy reality television shows, and miniature toy food from Japan. Michelle has a degree in nutrition and food science from the University of California at Berkeley, and earned her doctorate in pharmacy from the University of California at San Francisco. For over a dozen years, she worked the graveyard shift at Stanford Hospital and Clinics as a night pharmacist.

Henry is a lawyer by day, but moonlights as the photographer, illustrator, and designer of the Nom Nom Paleo cookbooks, app, and blog. He also strokes his beard a lot. Henry is a graduate of the University of California at Berkeley and Yale Law School.

Michelle, Henry, and their sons Owen and Oliver currently split their time between Palo Alto, California and Portland, Oregon.

Users Review

From reader reviews:

Ernest Villa:

What do you ponder on book? It is just for students since they're still students or it for all people in the world, what the best subject for that? Merely you can be answered for that issue above. Every person has distinct personality and hobby for every single other. Don't to be compelled someone or something that they don't need do that. You must know how great as well as important the book Ready or Not!: 150+ Make-Ahead, Make-Over, and Make-Now Recipes by Nom Nom Paleo. All type of book can you see on many resources. You can look for the internet resources or other social media.

Matthew Hood:

As people who live in the modest era should be upgrade about what going on or facts even knowledge to make them keep up with the era which is always change and progress. Some of you maybe will probably update themselves by reading through books. It is a good choice for you but the problems coming to you is you don't know what one you should start with. This Ready or Not!: 150+ Make-Ahead, Make-Over, and Make-Now Recipes by Nom Nom Paleo is our recommendation to help you keep up with the world. Why, as this book serves what you want and want in this era.

Sergio Espinoza:

Reading a book to become new life style in this calendar year; every people loves to go through a book. When you study a book you can get a wide range of benefit. When you read books, you can improve your knowledge, because book has a lot of information in it. The information that you will get depend on what sorts of book that you have read. If you would like get information about your review, you can read education books, but if you want to entertain yourself you can read a fiction books, such us novel, comics, in

addition to soon. The Ready or Not!: 150+ Make-Ahead, Make-Over, and Make-Now Recipes by Nom Nom Paleo will give you new experience in examining a book.

Richard Jimenez:

Is it a person who having spare time then spend it whole day by simply watching television programs or just lying on the bed? Do you need something new? This Ready or Not!: 150+ Make-Ahead, Make-Over, and Make-Now Recipes by Nom Nom Paleo can be the answer, oh how comes? The new book you know. You are therefore out of date, spending your extra time by reading in this new era is common not a nerd activity. So what these books have than the others?

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