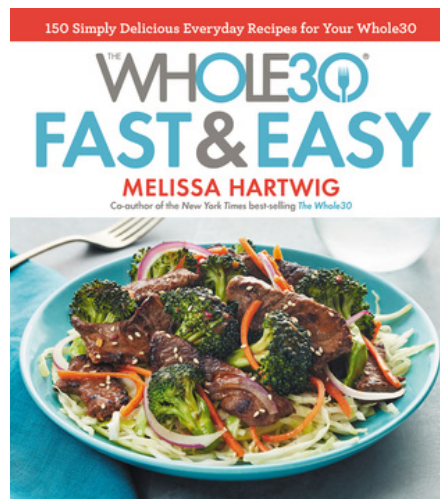




The Whole30 Fast & Easy Cookbook: 150 Simply Delicious Everyday Recipes for Your Whole30

Melissa Hartwig

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A New York Times bestseller featuring 150 all new, Whole30-compliant recipes—all fast and easy to prepare

Millions of people have transformed their lives with Whole30, yet co-creator Melissa Hartwig wants to make it even easier to achieve Whole30 success—with delicious, compliant, fast, and easy recipes. This follow-up to the best-selling *The Whole30 Cookbook* is packed recipes designed to get you out of the kitchen fast, so you can enjoy all the benefits of your Whole30-inspired lifestyle.

The Whole30 Fast and Easy Cookbook features:

Recipes perfect for weeknight cooking, lunches in a hurry, and hearty breakfasts that still get you out the door on time

Nearly effortless skillet meals, stir-fries, sheet-pan suppers, and slow-cook and no-cook meals, most of which can be made in 30 minutes or less

Creative, delicious meals using widely-available ingredients found in any supermarket

Melissa's favorite kitchen hacks, designed to save time and money while maximizing flavor

Whether you're doing your first Whole30 or your fifth, or just looking for some healthy, fast, and easy recipes to try, this collection is a must-have for any kitchen.

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Dogdaysinaz says

I already eat a diet free of gluten, soy, and dairy (which are also not included in the Paleo/Whole 30), among other things. I was pleasantly surprised that the majority of the recipes in this cookbook have mostly ingredients I typically have in my house (or are easily accessible produce). The only recipes I will not even consider trying are the ones with eggs, due to an allergy. The first recipe I made was a winner, and I look forward to several more soon!

Jackie says

I was expecting much faster and much easier. These recipes still have so many ingredients. I was really hoping for more basic recipes.

Katy says

Being honest- I'm not likely to do the Whole30 program. However, there are SO many yummy looking recipes in this book that I'd probably modify and make my own way. Can't wait to make a bunch of these!

Jenn says

This is by far, my favorite of the W30 books! The recipes are delicious, using limited ingredients to make them perfect for real life. Not to mention, there are tons of new dressings that I am very excited about.

Janine Snyder says

As a paleo follower for the past 4 years, I own a lot of paleo cookbooks (10?). I have done two whole30s and really respect the benefits and how it makes me look and feel. I borrowed this book and made a recipe and liked it, so now it is part of my collection. While I don't really like Melissa Hartwig's somewhat brusque and belligerent tone, and I don't own any of the other actual Whole30 books, this is a winner because the recipes are fast and easy.

Brandy Davis says

I am one of those people that "reads" a cookbook, from cover to cover. This book has many YUMMY recipes. I don't usually like the whole30 books but this one is a keeper. SO far we have made the Green Chili

Pork Stew and it was yum.

Jennifer says

If you're on the Whole30 (or just want to eat clean while eating meat) this book will give you tons of new recipes. If you're only going to buy one Whole30 book, buy the first one. This book had just a few pages of information on the program and the science behind it; they assume you have already read their first book. That didn't bother me, just be warned that it's a companion book and not meant to be a stand-alone unless you already know the program well.

Erin says

I am one of those people who attempted a Whole30 once and failed. But I tend to eat paleo at home on a day-to-day basis.

This book is a phenomenal "paleo-esque" book even if you aren't into the "whole30 thing".

It's a SIMPLE, yet tasty Paleo/Whole30 recipe book without crazy flours/expensive nut flours, sauces, etc.... I am not into "fussy/complicated" cooking and I love that this book is all about basics. I have a whole week of recipes lined up and I already know they are going to be amazing.

I LOVE the photos in the book. I think every good cookbook needs photos. In fact, for some reason, if a recipe doesn't have a photo, I just keep flipping through and won't even consider it. #sorrynotsorry #ieatwithmyeyes

I rented this from the library, but I will now be looking at owning a copy for myself.

Spinning Jenny BB says

I bequeath this fictional book 3 stars only because my husband is a whiz in the kitchen so HE finds these recipes relatively easy, but not even so much with the "fast" and he's Zippy McZipperson.

I should say that we both love the Whole30 thing, and while we're not fanatics we usually enjoy eating this way because it makes us feel better overall.

My husband is the cook. I have low energy and don't feel any love for the cookins. I saw this and thought, "hey! I can use this when Husband travels!" My 1st breakfast recipe took an HOUR to prep and cook. I mean, dude. C'mon.

And, unlike the other Whole30 cookbook, these offerings are very hit and miss for blandness. And that's the whole THING about Whole30, Paleo etc. Is that if you add spices you don't need all the manufactured yummy poisonous goodness!!

I will still try these 150 recipes, but only bc my husband is cooking them, in a moderate amount of time with a moderate amount of effort.

Sandra Simmons says

Just got this for Christmas. While it claims to be fast and easy it seems to be similar to the original recipe book. I will be planning a lot of these meals within the new year.

Taylor says

I'll probably update this once I get through some more recipes, but so far so good! Definitely much quicker recipes in this one which I love. Meal prep doesn't happen a lot, so these quick recipes are right up my ally. The few I've made have tasted incredible so far!

Lisa says

This is a really great book for what it is ... it's just not a book for me. The great thing about this book is that there are pictures with almost every recipe, with a great paragraph on each recipe. For me out of the whole book I think that I would only make maybe 2% of what was in there, and as far as eating what was in the book maybe 50%. The food combos are not appealing to me at all. I did not hate the book, there was nothing wrong with it, it just was not the book for me.

Nicole says

This is my favorite of the Whole30 cookbooks, so far. Doing a W30 requires a commitment of time in the kitchen that some people might find difficult or even impossible. This books makes it a little easier to create compliant meals in less time. Plus, I find these recipes more appealing than those in other W30 books.

David Ward says

The Whole30 Fast & Easy: 150 Simply Delicious Everyday Recipes for Your Whole30 by Melissa Hartwig (Houghton Mifflin Harcourt 2007) (641.563). This is a collection of succulent recipes that one should not peruse on an empty stomach. The Whole30 diet is basically the same as the Paleo Diet except that (1) some Whole30 recipes allow for the inclusion of potatoes and extra fruit juices, and (2) Whole30 is complete at the end of thirty days. One can then end the diet or immediately re-up for another thirty-day period. The reason these diets work is that they place the dieter in a state of ketosis, in which the body burns stored fats rather than carbohydrates ingested that day. The trick is that one must be vigilant not to slip into a state of ketoacidosis, which can cause lasting harm to the body. Hey fat people: This diet worked for me. I lost a hundred pounds in eight months of strictly following the principles of paleo dieting. With a modicum of willpower, how can you fail on a diet which allows you to eat all the meats, fresh green vegetables, and fresh fruits that you want? My rating: 7/10, finished 2/15/19.

elizabeth says

Looking at the recipes, they do seem faster than the ones in the original book. There's less emphasis on sauces and therefore having to make a sauce. There are various shortcuts that are recommended to make the process faster. The meals are still good and wholesome, though. I look forward to using this!

Update:

I've made a LOT of these recipes over the last few months, and I have not had one that was bad so far. They are all SO easy and quick to make, the ingredients can be found at your local grocery store once you have the basic compliant items, and they can leave you with leftovers easily. I really like this cookbook!
