

A full-page photograph of Danielle Walker, a woman with long blonde hair, sitting on a couch and smiling while eating from a light blue bowl. She is holding a fork with a piece of food on it. The background is a simple, light-colored wall.

everyday comfort
food you crave

gluten-free, dairy-free,
and paleo recipes

DANIELLE WALKER'S
eat what you love

New York Times best-selling author of *Against All Grain*

Danielle Walker

Danielle Walker's Eat What You Love: Everyday Comfort Food You Crave; Gluten-Free, Dairy-Free, and Paleo Recipes



[continue reading](#)

From the brand new York Times best-selling author of the Against All Grain series comes 125 quality recipes for gluten-free, dairy-free, and paleo comfort food, from nourishing breakfasts and packable lunches to fast and simple, one-pot, and make-ahead foods to get satisfying dinners up for grabs fast. This is actually the food you wish to eat every day, produced healthful and delicious with Danielle's proven techniques for removing allergens without sacrificing taste. As a mom of three, Danielle understands how to get supper (and breakfast and lunch time) on the table quickly and easily.* Features include: * A month of meal plans for breakfast, lunch time, and dinner * With meal programs and grocery lists, a large number of sheet-pan suppers and one-pot meals, and an entire chapter specialized in make-ahead and freezer-friendly meals, following a grain-free of charge and paleo diet simply got just a little easier. Quick Pot, slow cooker, one-pot, sheet-pan, and 30-minute recipes Featuring hearty dishes to start the day, on-the-go products for lunch, fulfilling salads and sides, and healthy re-creations of comfort food classics like fried chicken, sloppy Joes, shrimp and grits, chicken pot pie, and lasagna, plus family-friendly sweets and treats, this assortment of essential, allergen-free recipes can be the most-used cookbook on your shelf. Packed lunch chart with strategies for school, function, and lunches upon the go Make-ahead meals, including freezer and leftover choices Beloved meals blogger and NY Times best-selling writer Danielle Walker is back with 125 recipes for comforting weeknight foods.* Dietary classifications for egg-, tree nut-, and nightshade-free dishes, in addition designations for Particular Carbohydrate Diet plan (SCD) and Gut and Psychology Syndrome (GAPS)*



[continue reading](#)

