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Nom Nom Paleo: Ready or Not! 150+ Make-Ahead, Make-Over, and Make-Now Recipes Reviewed. When I first started getting interested in Paleo, Michelle Tam of Nom Nom Paleo was one of my go-tos.. Whether it was her blog or her cookbook Nom Nom Paleo: Food for Humans Michelle and her crew (husband Henry and two boys Owen and Ollie) were my guide in taking those first steps into the Paleo world.

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"Nom Nom Paleo: Food for Humans is a cookbook that is JUST PLAIN FUN-It s packed with creative cartoon graphics, tasty food photos, and yummy recipes that appeal not only to committed Paleo dieters, but to anyone

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Their debut cookbook, Nom Nom Paleo: Food for Humans, was nominated for a James Beard Foundation Award, and their second cookbook, Ready or Not!: 150+ Make Ahead, Make-Over, and Make-Now Recipes by Nom Nom Paleo, is available now wherever books are sold.

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I get a lot of cookbooks in the mail . this is great because I love books and I love cooking. I ve reviewed several of my favorite cookbooks in the past, and a book that came in the mail recently, Nom Nom Paleo: Food for Humans, is on that list now. I first found the Nom Nom Paleo blog while

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Michelle Tam Wikipedia

Tam's first cookbook, Nom Nom Paleo: Food for Humans, became a New York Times bestseller, and was recognized as one of the Best of the Best Cookbooks of 2013, as well as one of the best cookbooks of 2014 by Serious Eats and America's Test Kitchen.

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