

## Ready or Not!, an innovative approach to healthy meal prep for fans of the Instant Pot and Whole30

*A new cookbook from the James Beard award-nominated and New York Times best-selling creators of Nom Nom Paleo, the wildly popular blog, app, and best-selling cookbook*

Four years after the release of their New York Times best-selling cookbook, *Nom Nom Paleo: Food for Humans*, Michelle Tam and Henry Fong are back with their highly-anticipated follow-up cookbook, *Ready or Not!: 150+ Make-Ahead, Make-Over, and Make-Now Recipes by Nom Nom Paleo*.

*Ready or Not!* focuses on one basic life skill that can make a huge impact on your health: cooking your own food—whether you're ready to cook or not. (Which sounds simple, yet Americans spend only an average of 30 minutes per day on meal prep.) *Ready or Not!* includes over 150 easy-to-make, deliciously nourishing recipes, most of which are Whole30-compliant. Presented in Nom Nom Paleo's deliriously fun comic book style, the cookbook is color-coded by 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 Ssâm 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.

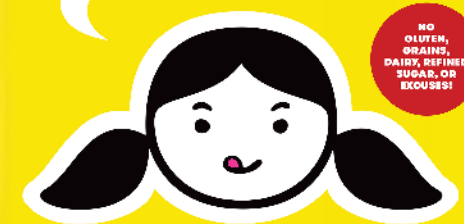
Tam, dubbed the "Martha Stewart of Paleo" by *The New York Times*, doesn't claim to be a Paleo perfectionist. She says that Paleo is about eating as broadly as possible, not as restrictively as possible. In her cookbooks and her daily cooking, she prioritizes whole, unprocessed, nutrient-rich, nourishing foods, with a focus on eating vegetables, grass-fed and pastured meat and eggs, wild-caught seafood, healthy fats, fermented foods, fruit, nuts, seeds, and spices.

Since founding the Nom Nom Paleo blog in 2010, Tam and Fong have amassed a following of "Nomsters," along with a number of awards. They received a Best Food Blog Award from *Saveur*, created a Webby Award winning cooking app, and were nominated for a James Beard Award for their first cookbook, which has sold over 250,000 copies. Their Facebook Live cooking demos see up to 94,000 views each week. Tam has been named one of "The 100 Most Influential People in Health and Fitness" twice by Greatist. She recently left her job as a professional drug dealer (for 12 years she worked the graveyard shift as a night pharmacist at Stanford Hospital and Clinics) to work full time on Nom Nom Paleo. A true mom and pop operation, Tam does the cooking, writing, and recipe testing, while Fong, a lawyer by day, does all the photography, design, and illustration work for the Nom Nom Paleo blog, cookbooks and app. Together they also co-host and produce the award-winning Nom Nom Paleo podcast, along with their two sons, Owen (a.k.a. Big-O), and Ollie (a.k.a. Lil-O).

Featuring colorfully written and gorgeously photographed step-by-step recipes presented in a cheeky cartoon format, *Ready or Not!* also includes kitchen hacks, Paleo ingredient guides, meal plans, shopping lists and more. The recipes in *Ready or Not!* were designed with these principles in mind: healthfulness, mindfulness, practicality, and deliciousness—and zero patience for dogma or deprivation.

# READY OR NOT!

**150+ MAKE-AHEAD, MAKE-OVER,  
AND MAKE-NOW RECIPES BY**  
**nom nom paleo**



NEW YORK TIMES BESTSELLING AUTHORS  
**MICHELLE TAM + HENRY FONG**

### BOOK DETAILS

***Ready or Not!***

by Michelle Tam + Henry Fong

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\$35.00

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PR BY THE BOOK

## About the Authors

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.

## Recipes in *Ready or Not!* include:

- All-Purpose Stir-Fry Sauce & Paper-Wrapped Chicken
- Bangin' Baby Back Ribs
- Cherry Chocolate Chip "Ice Cream"
- Easy Chicken Tinga
- Hot + Sour Soup
- Mok Mok Wings
- Potsticker Stir Fry
- Spicy Bacon Honey Nuts / Hurricane Pig Nuts
- Spicy Thai No-Nut Sauce and Sriracha Sunbutter Zoodles + Chicken
- Tangerine Dream Tart
- Tex-Mex Beef and Rice Casserole

## News tie-ins & core messages:

- We Know The Struggle is Real in the Kitchen: 4 weeks of healthy meal plans for nights when you're ready, kinda ready, or not ready at all
- Going the Whole30 and Beyond: A sustainable, healthy approach to eating that offers a whole universe of amazing, nutrient-dense ingredients and complex flavors
- Cooking With Allergies/Intolerances: Free of grains, dairy, soy, sugar, and processed seed and vegetable oils, the recipes in *Ready or Not!* are tagged as Whole30-Friendly, Nut-Free, Egg-Free, Nightshade-Free, or Freezer-Friendly
- Owen & Ollie's Rules for Packable Lunches: Back-to-school cooking and food prep made easy with 4 weeks of meal plans
- Cooking Meets Comics: Tam and Fong have heard from a number of parents whose kids love the cartoon format of Nom Nom Paleo
- Nom Nom Paleo's Favorite Food Trends of 2017: *Ready or Not!* includes recipes for fermented foods ("sauerkraut is trending" according to Martha Stewart's team), Instant Pot/pressure cooker recipes, Whole30-compliant recipes and Garbage Soup to reduce food waste
- How Michelle Tam and Henry Fong, the mom and pop team behind Nom Nom Paleo, have built a brand that has impacted home kitchens and dinner tables around the world



Michelle Tam & Henry Fong

[www.nomnompaleo.com](http://www.nomnompaleo.com)



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## Praise for *Ready or Not!* and *Nom Nom Paleo*:

"*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 and home."

—Chris Cosentino, chef/owner of Cockscomb and Jackrabbit, and winner of Top Chef Masters

"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®

"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 Kamozaawa + H. Alexander Talbot, Ideas in Food / Curiosity Doughnuts

"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."

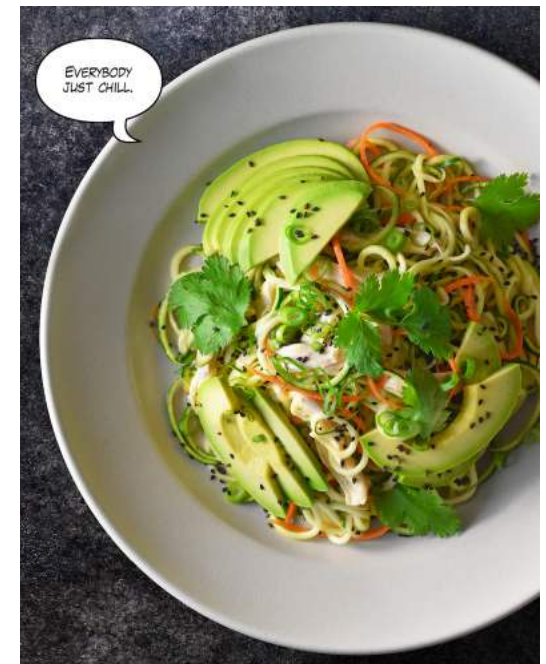
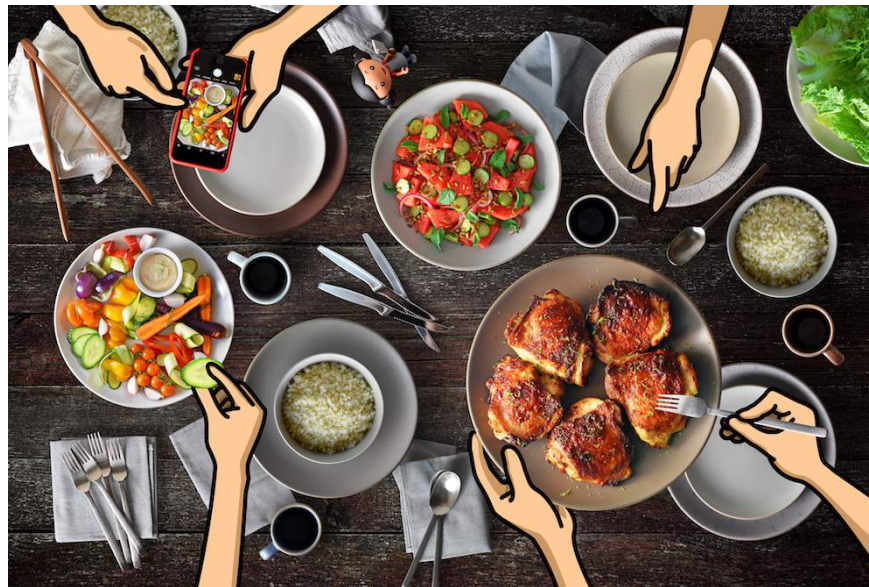
—The Kitchn

"Oddly provocative."

—Christopher Kimball, founder of Milk Street and America's Test Kitchen

"Martha Stewart of Paleo."

—*The New York Times*



**CHILLED ASIAN ZOODLE SALAD WITH CHICKEN + AVOCADO**  
MAKES 4 SERVINGS  
25 MINUTES

**INSTRUCTIONS:**

1. MAKE SURE YOU HAVE SANEER SESAME SAUCE AND COOPER'S CHICKEN ON HAND. LOVE A SPINACH LEAF, SUGAR PEELER, HAND-SLICING BLADE, OR A KNIFE TO TURN THE SUGAR AND GARLIC INTO ZOODLES.
2. IF THE SUGAR AND GARLIC ZOODLES ARE TOO LONG, CUT THEM INTO SHORTER SEGMENTS. SLIT THE SUGAR WITH A PAPER TONG OR STICKY TONGS, BUTTE ALL. NO ONE LIKES SOGGY ZOODLES.
3. IN A LARGE BOWL, Toss TOGETHER THE ZOODLES, CHICKEN, AND GARLIC SESAME SAUCE. SEASON WITH SALT TO TASTE.
4. ADD THE FRESH HERBS AND SCALLIONS.
5. TOP WITH SLICED AVOCADO AND SESAME SEEDS.

**INGREDIENTS:**

- 1/2 cup Ginger Sesame Sauce (page 66)
- 4 cups cooked and shredded Roast Ahead Chicken Breast (page 84)
- 4 medium scallions, ends trimmed
- 2 medium carrots, peeled
- 1 Kosher salt
- 2 tablespoons fresh cilantro
- 2 tablespoons minced fresh mint
- 2 scallions, thinly sliced
- 1 avocado, peeled, pitted, and thinly sliced
- 1 tablespoon black sesame seeds, toasted

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