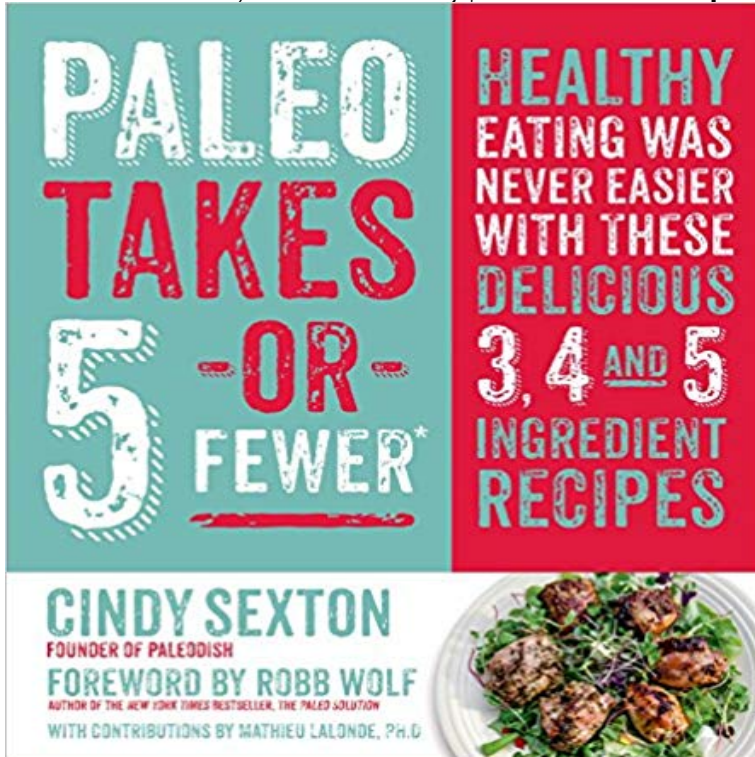


Paleo Takes 5 - Or Fewer: Healthy Eating was Never Easier with These Delicious 3, 4 and 5 Ingredient Recipes



Save Time and Money with Healthy Paleo Dishes Using Fewer Ingredients Sticking to the Paleo diet can be hard, especially when the recipes call for a lot of ingredients. Luckily, Cindy Sexton, creator of PALEODISH.com, has numerous creative and delicious recipes that use very few so shopping and cooking are a snap. You won't believe the incredible dishes you can make with five or fewer ingredients, including: Gingered Balsamic Date Glazed Chicken Legs, Pork Belly With Creamy Garlic Mashed Potatoes, Bacon-Crusted Chicken Strips, Mushroom and Sausage Beef Roll and Buttery Lamb Chops Infused with Mint and Lemon. In Paleo Takes 5 - Or Fewer, Cindy gives you ingredients that have the most nutrient density so each recipe packs a healthy punch. Sticking to the Paleo diet has never been so easy.

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Post: Paleo Takes 5 -or- Fewers Chunky Beef Chili My laid-back approach to eating really real (nutrient-dense) food is reasonable and realistic. We like simple and easy recipes that don't call for a million-and-one things, that are made up of 3, 4 and 5 ingredient chapters (*Note cooking fats, **My New Cookbook! PALEODISH** These are 5-star chicken breast recipes that call for 5 ingredients or fewer. I use this as a basic baked chicken recipe when another recipe calls for 3) Artichoke and Sun-Dried Tomato Chicken Try This: Paleo Coconut Chicken Breast Quick, easy, and healthier than traditional Buffalo wings. Carl will eat that. **EPUB, Paleo Takes 5 Or Fewer: Healthy Eating was Never Easier** Oct 21, 2014 Paleo Takes 5 - Or Fewer. Healthy Eating was Never Easier with These Delicious 3, 4 and 5 Ingredient Recipes. Cindy Sexton and Others. **Paleo Takes 5- Or Fewer: Healthy Eating was Never Easier with** Well Fed 2: More Paleo Recipes for People Who Love to Eat. Purchase .. 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