



Real Food, Real Simple: 80 Delicious Paleo-Friendly, Gluten-Free Recipes in 5 Steps or Less

Taylor Riggs

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Satisfying and Nutritious Meals without the Hassle

Real Food, Real Simple makes preparing whole, nutrient-dense foods as easy as one, two, three, four, five with delicious recipes that are gluten-free, Paleo-friendly and exceptionally healthy.

Taylor Riggs, Registered Dietitian Nutritionist and founder of Simply Taylor, shares 80 incredible recipes that encompass her healthy lifestyle manifesto in five steps or less. Her recipes showcase complex and intriguing flavors but are surprisingly easy to make. They include:

- Asian Chicken Lettuce Wraps
- Balsamic Date and Prosciutto Pizza with Goat Cheese and Arugula
- Rich Chocolate Ramekin Cakes
- Coconut Crêpes Two Ways
- Hawaiian Beef Burgers with Pineapple and Avocado
- Game Day Bison and Sweet Potato Chili

With Mornings Over Easy, Effortless Entrées and everything in between, you'll have delicious and creative dishes to fuel your body and entice your taste buds with little-to-no effort.

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Ernie Swisher:

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Frank Lantz:

Playing with family inside a park, coming to see the marine world or hanging out with close friends is thing that usually you could have done when you have spare time, and then why you don't try factor that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Real Food, Real Simple: 80 Delicious Paleo-Friendly, Gluten-Free Recipes in 5 Steps or Less, it is possible to enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh can happen its mind hangout guys. What? Still don't have it, oh come on its known as reading friends.

Doris Stanford:

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Emmaline Jett:

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