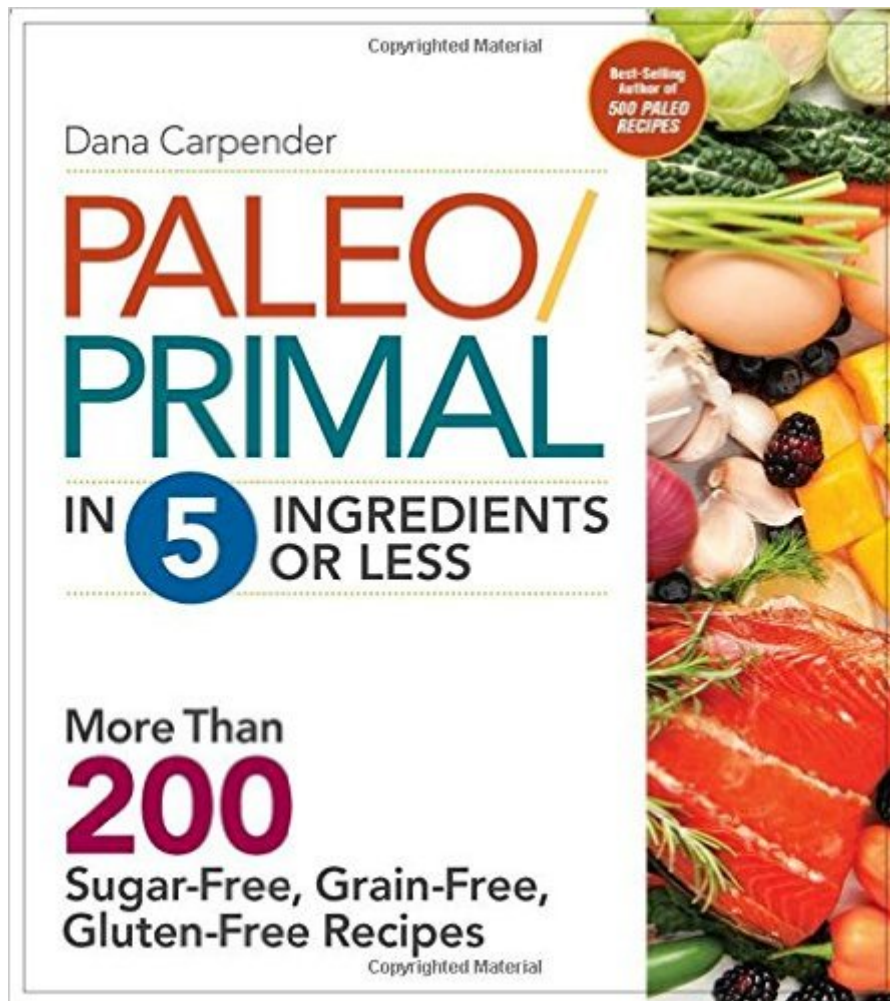


The book was found

# Paleo/Primal In 5 Ingredients Or Less: More Than 200 Sugar-Free, Grain-Free, Gluten-Free Recipe



## Synopsis

Go Paleo with 5 ingredients or less! The Paleo or Primal diet--known in some circles as the "Caveman Diet"--is an eating plan based on evolutionary biology and backed up by medical research. Unlike other diets which can incorporate fake, processed foods and artificial sweeteners, the Paleo diet is based on what our ancestors ate: meats and fish, nuts and seeds, and naturally grown fruits and vegetables. While some cookbooks embrace the hunter-gatherer lifestyle, the modern Paleolithic family needs healthy and delicious recipes without all the actual hunting and gathering. Bestselling author Dana Carpender helps you remove the processed convenience foods like frozen entrees and takeout, but still make healthy, fast, easy meals that everyone loves. Enjoy a whole chapter on make-ahead foods that can be quickly put together and pulled out and served in no time when you come home from work. There's also a convenient chapter of slow cooker recipes that require a bare minimum of precious morning minutes and are ready to serve when you get home--even if your family gets home in shifts. Paleo/Primal in 5 Ingredients or Less gives the modern caveman 200 recipes that can be made from 5 or fewer ingredients. All recipes are also sugar-free, grain-free, and gluten-free. This is just what today's caveman needs to cook fast and healthy meals. "As usual, Dana Carpenter has produced another winner! She's an established master when it comes to making low-carb programs easy, fun, and delicious. This fresh take on Paleo/primal belongs on every kitchen shelf!" - Jonny Bowden, Ph.D., C.N.S., author of The Great Cholesterol Myth and Living Low Carb

## Book Information

Paperback: 192 pages

Publisher: Fair Winds Press; 1 edition (November 1, 2015)

Language: English

ISBN-10: 1592336957

ISBN-13: 978-1592336951

Product Dimensions: 8 x 0.5 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (3 customer reviews)

Best Sellers Rank: #788,621 in Books (See Top 100 in Books) #119 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Wheat Free #202 in Â Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #313 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free

## Customer Reviews

Not sure what the other reviewer meant about ingredients being "obscure" or "expensive." I didn't find that at all. I've been doing low-carb and paleo-spectrum diets for years and I think this book actually demystifies the diet. Simply a great book on how to eat clean.

I like the book. It has a lot of ideas, but a lot of the ingredients are not readily available for me. Some of the ingredients were obscure or really expensive. I was hoping for something a little different.

Dana Carpender writes so well- and I have all of her books. I will enjoy digging in to this one frequently!

[Download to continue reading...](#)

Paleo/Primal in 5 Ingredients or Less: More Than 200 Sugar-Free, Grain-Free, Gluten-Free Recipe  
Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Grain Free Paleo Breads: Suitable for Paleo, Gluten Free, SCD and GAPS (Grain Free Paleo Cooking Book 1) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1) The KetoDiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat Recipes for Maximum Weight Loss and Improved Health -- Grain-Free, Sugar-Free, Starch-Free ... Paleo, Primal, or Ketogenic Lifestyle Sugar Gliders: The New Owner's Guide to Sugar Glider Care (Sugar Glider, Sugar Glider Care, Sugar Glider Books, Sugar Glider Facts, Pet Sugar Glider Book 1) The KetoDiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat Recipes for Maximum Weight Loss and Improved Health -- Grain-Free, Sugar-Free, ... Paleo, Primal, or Ketogenic Lifestyle My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Grain Free Diet: Against all Grain, The Surprising Truth about the Silent Killer of Wheat, Gluten, Carbs, and Sugar, The Extraordinary Grain Free Health for Weight Loss and Healthy Life Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast

Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free)  
WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and  
Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free  
Weight Loss Diet Book 1) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For  
Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet  
Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Sugar Detox: Sugar Detox for Beginners -  
A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose  
Weight with the Sugar Detox Diet, Sugar Free Recipes Included Paleo: Paleo Slow Cooker  
Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE  
BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Asian Paleo: 30 Minute Paleo! Your  
Complete Guide to Delicious, Healthy, and Gluten Free Asian Paleo in 30 Minutes or Less (Asian  
Paleo Guide - Thai, Japanese, ... Korean, Filipino, and Vietnamese Recipes) Gluten Free:  
Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes  
You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Sugar Detox: How to Cure  
Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include  
Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) My Grain & Brain  
Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power,  
Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook

[Dmca](#)