



## Paleo Simplified: Create Tasty Paleo Meals in No Time with 3 or Fewer Ingredients (Paperback)

By Tebetha Karcher

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Stop Wasting Precious Time And Money On Your Meals Cooking can be stressful. Cooking can be time consuming. Cooking can also be VERY expensive. I know personally that taking an hour or two out of my day and dedicating it to cooking is just not realistic. I have so much to do, and twenty four hours doesn t feel like enough, even without cooking. I devised a plan: Come up with recipes that take little to no effort as far as time and ingredients go. I have come up with some delicious recipes that won t take but a few minutes of your day!.



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