



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

*Cindy Sexton*

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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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