



Paleo/Primal in 5 Ingredients or Less

Dana Carpender

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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*

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