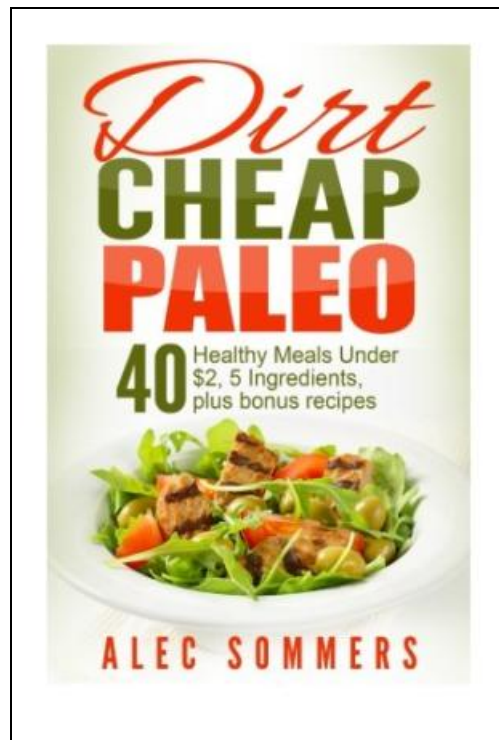


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Following a Paleo lifestyle and eating healthy can be difficult, especially when time and money are short-handed. The recipes in this book follow three simple requirements: they must be easy to prepare, cheap to make and delicious. Every recipe is simple to make with less than five ingredients each. With the high cost fresh ingredients at the grocery store, many of us struggle with keeping the pantry or refrigerator stocked with the right ingredients to live a healthy lifestyle and are forced to eat processed foods out of necessity. Those of us following a Paleo lifestyle have cut out all of the cheap drive-through fast foods, chips, sodas and candy. We no longer eat inexpensive beans, rice or bread fillers with every meal. Now we are eating natural meats, eggs, fresh vegetables, fruits and nuts. Lets face it, fresh ingredients are more expensive. All of the recipes in this book can be prepared for around two dollars per serving when frugal shopping practices are followed and enough ingredients are purchased at one time to make four to six servings. The real money savings come from dividing each serving in plastic containers and freezing for later. Also, many of us never seem to have enough time to spend an hour or two each day to in the kitchen following a complicated recipe, only to be faced with a mountain of dirty dishes to clean after eating. Preparing complicated meals can be enjoyable on occasion, but for the most part, we just want to fuel our bodies with the best food we can find. Having five ingredients or less, each recipe is deliciously simple to prepare making shopping easy.



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