



Real Food, Real Simple: 80 Delicious Paleo-Friendly, Gluten-Free Recipes in 5 Steps or Less

Taylor Riggs

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Satisfying and Nutritious Meals without the Hassle

Real Food, Real Simple makes preparing whole, nutrient-dense foods as easy as one, two, three, four, five with delicious recipes that are gluten-free, Paleo-friendly and exceptionally healthy.

Taylor Riggs, Registered Dietitian Nutritionist and founder of Simply Taylor, shares 80 incredible recipes that encompass her healthy lifestyle manifesto in five steps or less. Her recipes showcase complex and intriguing flavors but are surprisingly easy to make. They include:

- Asian Chicken Lettuce Wraps
- Balsamic Date and Prosciutto Pizza with Goat Cheese and Arugula
- Rich Chocolate Ramekin Cakes
- Coconut Crêpes Two Ways
- Hawaiian Beef Burgers with Pineapple and Avocado
- Game Day Bison and Sweet Potato Chili

With Mornings Over Easy, Effortless Entrées and everything in between, you'll have delicious and creative dishes to fuel your body and entice your taste buds with little-to-no effort.

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