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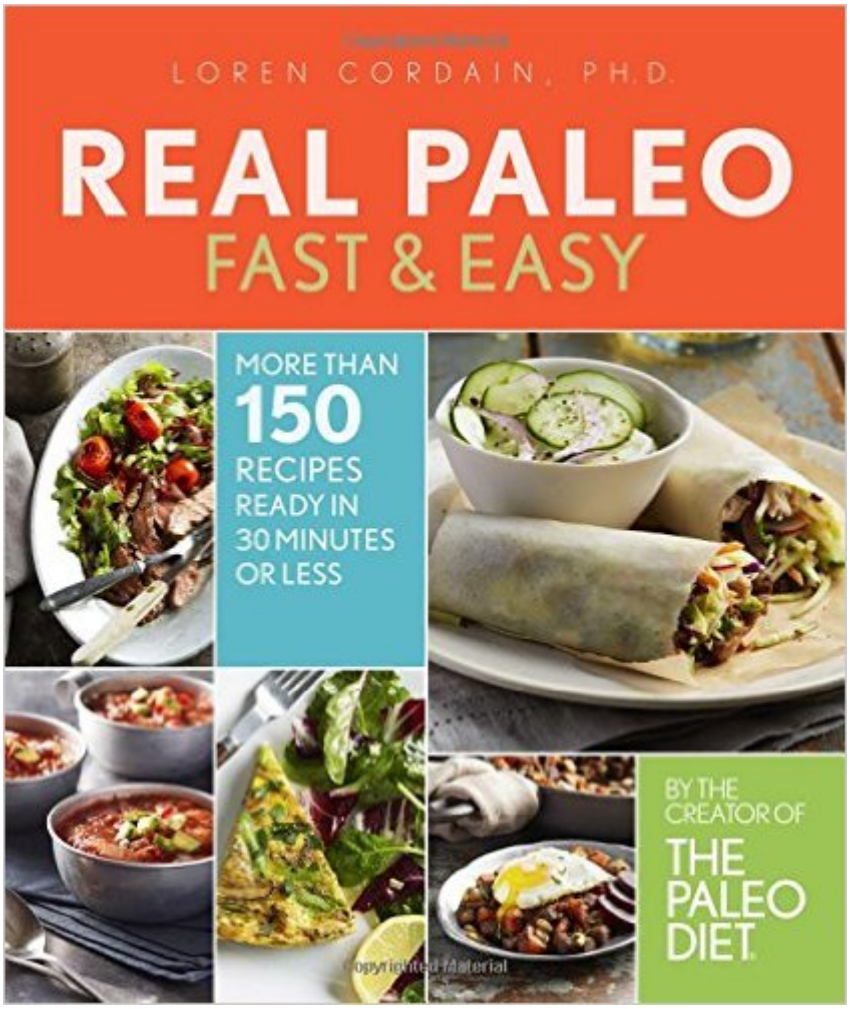
Real Paleo Fast & Easy



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Synopsis

The simple, satisfying and delicious way to eat paleo every day, no matter how busy you are Loren Cordain, Ph.D., creator of The Paleo Diet, understands that we live busy lives, but he also knows this is no reason to sacrifice good health; a great dinner that follows The Paleo Diet is only 30 minutes away with this innovative cookbook. The book has a range of speedy meals, from flash-roasted fish to microwave peach chutney for pork chops. There are soups, skillet meals, fresh dinner salads, and more. The 170 recipes and 70 color photos make dinner easy and appealing.Â Â The recipes use Paleo convenience foods, such as salt-free canned tomatoes and frozen vegetables, and draw on the techniques that Dr. Cordain and his family developed for their own busy lives. Also included is the Paleo Pantry, with recipes for Paleo condiments and spice blends to enliven meals throughout the week.

Book Information

Series: Paleo

Paperback: 320 pages

Publisher: Houghton Mifflin Harcourt (December 29, 2015)

Language: English

ISBN-10: 0544582640

ISBN-13: 978-0544582644

Product Dimensions: 7.5 x 0.8 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

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Customer Reviews

Grilled Flank Steak Tacos from Real Paleo Fast & Easy makes 4 servings Most chili powder blends are salt-free, but read the label to be sure. You can use hot or mild chili powderÃ¢Â Â”or a mixÃ¢Â Â”depending on your taste. Directions Sprinkle both sides of steak with chili powder blend. Grill steak, covered, over medium heat 10 to 12 minutes for medium (145Ã Â F), turning once halfway through grilling. (Or cook steak on a stove-top grill pan over medium-high heat.) Meanwhile, for guacamole, in a medium bowl combine avocados, jalapeÃƒÂ o, cilantro, garlic, and lime juice. Mash with a potato masher or fork until chunky. Thinly slice steak across the grain. Pile

steak onto lettuce leaves. Top with guacamole, chopped Tomato, and onion. If desired, serve with lime wedges. 1 1/2 pounds beef flank steak 2 tablespoons salt-free chili powder blend 2 medium ripe avocados, seeded, peeled, and cubed 1 medium jalapeÃƒÂ o chile, seeded and finely chopped 1/4 cup chopped fresh cilantro 2 cloves garlic, minced 2 tablespoons fresh lime juice 8 to 12 large butterhead or Bibb lettuce leaves 1 cup chopped fresh tomato 1/2 cup chopped red onion Lime wedges (optional)

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