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I bought Paleo Takes 5 or Fewer as I am a fan of Cindy's Paleodish site. As I took some time to read through this cookbook I quickly realized that it had exceeded all

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Steph s note: This recipe is a sneak preview of Cindy Sexton s upcoming book Paleo Takes 5 Or Fewer: Healthy Eating was Never Easier with These Delicious

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Cindy sexton (author of paleo takes 5 - or fewer)

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Cindy Sexton shares on her book Paleo Takes 5-or-Fewer and her recipe for chili from the book

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