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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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Paleo takes 5-or-fewer review - predominantly

One of the biggest complaints I hear about eating Paleo is that the recipes are too time consuming, too difficult, or take too many off-the-wall ingredients.

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

Cindy Sexton is the author of Paleo Takes 5 Paleo Takes 5 - Or Fewer: Healthy Eating was Never Easier with These Delicious 3, 4 and 5 Ingredient Recipes by Cindy

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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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" paleo takes 5 - or fewer" (book review) |

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is a sneak preview of Cindy Sexton s upcoming book Paleo Takes 5 Or Fewer: Healthy Eating was Never Easier with These Delicious 3, 4 and 5 Ingredient

Our take on " paleo takes 5 - or fewer" |

That petite Canadian Cindy Sexton (PaleoDISH) is about to rock your world with her new book, Paleo Takes 5 - Or Fewer

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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

Cindy sexton cookbooks, recipes and biography -

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