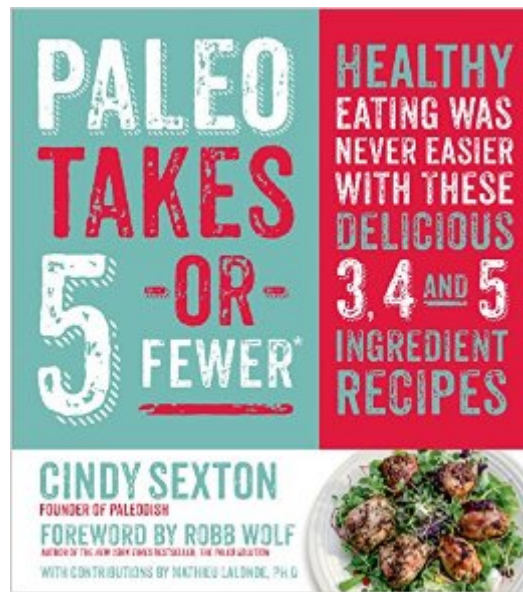


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Paleo Takes 5 - Or Fewer: Healthy Eating Was Never Easier With These Delicious 3, 4 And 5 Ingredient Recipes



Synopsis

Save Time and Money with Healthy Paleo Dishes Using Fewer Ingredients Sticking to the Paleo diet can be hard, especially when the recipes call for a lot of ingredients. Luckily, Cindy Sexton, creator of PALEOdISH.com, has numerous creative and delicious recipes that use very few so shopping and cooking are a snap. You won't believe the incredible dishes you can make with five or fewer ingredients, including: Gingered Balsamic Date Glazed Chicken Legs, Pork Belly With Creamy Garlic Mashed Potatoes, Bacon-Crusted Chicken Strips, Mushroom and Sausage Beef Roll and Buttery Lamb Chops Infused with Mint and Lemon. In Paleo Takes 5 - Or Fewer, Cindy gives you ingredients that have the most nutrient density so each recipe packs a healthy punch. Sticking to the Paleo diet has never been so easy.

Book Information

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Customer Reviews

Cindy Sexton's Paleo Takes 5--Or Fewer has a simple premise: make delicious Paleo meals and buy only 3, 4, or 5 ingredients to make it happen. I was immediately intrigued. I read most of the reviews on this cookbook and knew before I ordered it that most recipes require more than 3, 4, or 5 ingredients to finish the dish. Ms. Sexton considers lots of spices, herbs, and cooking fats to be staples that you already have in your home. I have a fully stocked spice pantry and plenty of paleo friendly cooking fats so I was ready to accept her premise of purchasing a few ingredients to make a meal. There are some winning recipes in this book, no doubt about it. I think the chili and the gingered balsamic date glazed chicken legs are terrific. I was surprised in the best possible way by the prosciutto and fig chicken roll ups. Ms. Sexton has the ability to add real ingenuity to standard

fare and shines when she thinks up these "outside the box" recipes. I have a few issues with this book. In a few recipes, I disagree with Ms. Sexton's assessment of what should be a pantry staple. Take for example, the shaved roast beef salad with marinated artichoke hearts. She states it's a 4 ingredient dish where you buy mixed greens, olives, artichoke hearts, and roast beef. Fair enough. But wait. What are the pantry staples? There are two: kimchi and sun-dried tomato and basil vinaigrette (recipe on 202). In no circumstance should the author have included kimchee as something you would already have in your pantry. I love kimchi but it isn't a staple. I flip to 202 to see what I need to whip up the vinaigrette. It's a very nice and simple 9 ingredient vinaigrette that she lists 4 more items you need to get from the grocery store. So for a 4 ingredient recipe, depending on whether you count kimchi as a staple, you need to buy 8 or 9 ingredients. I love to cook, and I favor books from Bon Appetite magazine and Gourmet Magazine. Don't tell me I don't like to cook or that I'm lazy. I merely find the premise of her book misleading in a few instances such as the shredded beef tongue having 16 ingredients and counting a "hot red pepper" as a staple. I also don't count lemons or fresh cilantro as staples. It's fine if you do. I think Ms. Sexton has a lot of potential as a paleo cookbook author. I just think potential buyers should be aware of the way some "staples" are counted. I was impressed by the charts in the back of the book that list vitamin content of ingredients in her recipes, and there are plenty of suggested links to visit for everything from autoimmune disease to paleo recipes to natural skincare and beauty products. Ms. Sexton's enthusiasm for her lifestyle changes is apparent and touching, and the autobiography in the front of the book that tells why she decided to make a lifestyle change is heartfelt. I strongly make the recommendation to examine this book in a brick and mortar store before purchasing.

I have a lot of paleo cookbooks, but this is one of my favorites. It's well done, has a LOT of really good recipes, and has a good layout. It's got some neat features like the nutrient density breakdowns, and easy lists of things you need to buy from the store for each recipe at the top of the page. I would highly recommend this one.

Although I have a few misgivings, I have to admit this is a great book overall. Firstly, you can just ignore the word "paleo" in the title. While the book adheres to the principles of paleo eating, it does so in a subtle manner. There are dairy recommendations if you can tolerate it, as well as the occasional white potato. If anything, the emphasis is on real food, making this a book for everyone, not just paleo/primal cooks. Secondly, most of the recipes could be characterized as gourmet. While I experiment regularly in the kitchen, I doubt any of these recipes would make it to my standard

rotation. That said, I'd definitely reach for this book when planning meals for special occasions. Finally, my main misgiving is how difficult it could be to actually find many of the ingredients suggested, which is a big issue for me as most of the veggies the author uses are positively exotic where I live. This would make this a 3-star book if you're in a similar situation. However, I do understand that it was written with an American audience in mind, so I chose to be fair and give it a higher rating.

I'm a single guy with little time to mess around with elaborate recipes. Until I found Cindy Sexton's new book I was basically a food matrix guy. It was protein this, and vegetables that. The first 50 pages tripled my recipe inventory. Plenty for me and the occasional guest. Serving healthy meals is a no brainer with this book. Pick up a copy if you know what's good for you.

I have been following a Paleo style diet for over 3 years now and wish this was available to me way back when I started. As a busy mom and business professional, I don't have time for cookbooks that require multiple steps, ingredients, and hassle. I love cooking and want to be able to provide healthy, delicious food to my family fast. This book does the trick! As a registered dietitian, I really appreciate the information on nutrient density and the fact that the author breaks down what the key nutrient benefits of the meal are. It's great to look at food as an input that can make you healthier instead of worrying about calorie counts and "shortcuts" to recipes to make them have less fat/calories/etc. I think it can also be fun for families to talk about what makes their meal healthy. Educational, realistic, and delicious all in one pretty package :)

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