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My wife – aka – Judy – aka -Gammy – has to be on the Paleo Diet for a while so I make her dinner Paleo style and mine, well, any damn way that I want, as long as it's quick and easy. I've been working hard at getting this Paleo Flatbread Recipe to where it pleases my honey.

Paleo Recipes: Quick & Easy Gluten Free Meals for Busy People (English Edition) eBook: Jennifer James: Amazon.de: Kindle-Shop

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Want to try Paleo but not quite sure what to cook first? We've got you covered! Here are 10 super-easy Paleo recipe ideas to help get you off the ground.

Recipe Index for Paleo and Gluten Free desserts, breakfasts, snacks, and savory foods. Find a delicious variety of easy to make, healthy recipes. Find a delicious variety of easy to make, healthy recipes.

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Don't spend more time in the kitchen cooking dinner than you have to! Get a hot and healthy meal on the table quickly with any of these 20 minute gluten-free recipes.

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