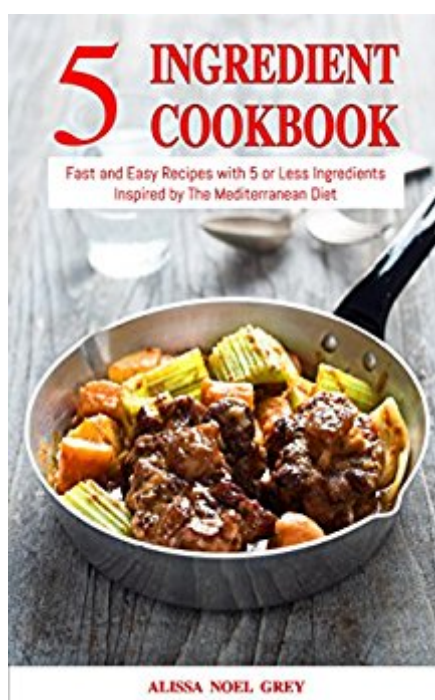


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Synopsis

Easy Recipes in 5 or Less Ingredients! Are you tired of complicated recipes with hard to find ingredients? Are you looking for delicious and easy recipes with only a few simple ingredients? From the author of several bestselling cookbooks, busy mom and fitness enthusiast Alissa Noel Grey, comes a great new collection of delicious, easy to make family dinner recipes that will make you healthier, happier and more energetic than ever. This time she offers us 50+ comforting and enjoyable everyday meals inspired by the Mediterranean diet and full of your favorite vegetables, meats and legumes that are simple and easy to cook whether you need a quick weeknight supper or a delicious weekend dinner. Best of all – each recipe only contains 5 ingredients or LESS! 5 Ingredient Cookbook: Fast and Easy Recipes With 5 or Less Ingredients Inspired by The Mediterranean Diet is an invaluable and delicious collection of healthy and easy 5 ingredient recipes that will please everyone at the table and become all time favorites. If you're looking for some quick, easy, and healthy recipes to clean up your diets without sacrificing time or flavor, this recipe round-up is for you! ***FREE BONUS RECIPES at the end of the book - Superfood Paleo and Vegan Smoothies for Vibrant Health and Easy Weight Loss!***

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HEY GUYS, I COLLECT COOKBOOKS FROM EVERYWHERE THIS IS ONE OF THE BEST, FOR ME AT LEAST. IT IS SIMPLE, EASY AND FLAVORFUL. THE AUTHOR DID A GREAT JOB.

These are quick and simple recipes that will be a snap to make..I can't wait to try them out soon.

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