



# One-Pot Paleo: Simple to Make, Delicious to Eat and Gluten-free to Boot

*Jenny Castaneda*

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Healthy, Hearty Paleo Meals Without the Dishes, Mess or Stress

Paleo cooking has never been so easy! In *One-Pot Paleo*, Jenny Castaneda shares delicious recipes for enticing Paleo meals that only require one pot, pan or bowl. That means tasty, filling Paleo meals without the mess. You'll spend less time cooking and cleaning and more time enjoying your meals.

*One-Pot Paleo's* casseroles, stir fries, bakes, broils, soups and stews are a mix of Paleo essentials like Pan Seared Steak, Portobello Sandwiches, Chicken Pesto Zucchini and Plantain Pizza, as well as dishes Jenny has gathered from around the globe, like Loaded Spanish Tortillas, Hawaiian Meatballs and Austrian Pancake Bites. *One-Pot Paleo* is all about convenience, and Jenny makes it easy for readers to determine which recipes contain potential allergens and how to swap ingredients to tailor meals to individual dietary restrictions and preferences. She'll also help you prep a week's worth of meals on the weekend to save you even more time.

Let *One-Pot Paleo* simplify your life and spice up your Paleo diet in the process!

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