



Quick Easy Recipes: 20 Delicious Quick and Easy Recipes That You can Make with Less than 5 Ingredients (quick easy recipes, quick and easy vegan recipes, quick recipes)

Randi Brooks

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Would you believe that you could create healthy, nutritious meals with 5 ingredients or less?

Better still that the majority of these meals **can be created in half an hour?**

If you are like me then you are probably skeptical and maybe cannot really believe that it is possible to create a meal with just 5 ingredients. If this is your view then you can prepare to be pleasantly surprised.

Quick Easy Recipes - 20 Delicious Quick and Easy Recipes That You can Make with Less than 5 Ingredients has been designed to provide you with a complete understanding of how you can implement 5 ingredient meals into your life and all of the benefits that you stand to gain.

This book includes the following topics in detail:


- Benefits of cooking with just 5 ingredients
- Breakfast fit for a King
- Quick breakfast recipes using 5 or less ingredients
- Why make time for lunch?
- Quick lunch recipes using 5 or less ingredients
- To snack or not to snack
- Quick snack recipes using 5 or less ingredients
- The importance of dinner
- Quick dinner recipes using 5 or less ingredients
- When only a dessert will hit the spot

Not only does this book offer you a complete understanding of how important each meal is, it also offers 20 easy to create recipes to get you started with your 5 ingredient program. I hope that you will enjoy this book and be able to gain a true understanding of really how easy it is to cook healthy meals in no time at all.

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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Patrick Pond:

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Leonard Santiago:

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Dolores Albert:

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