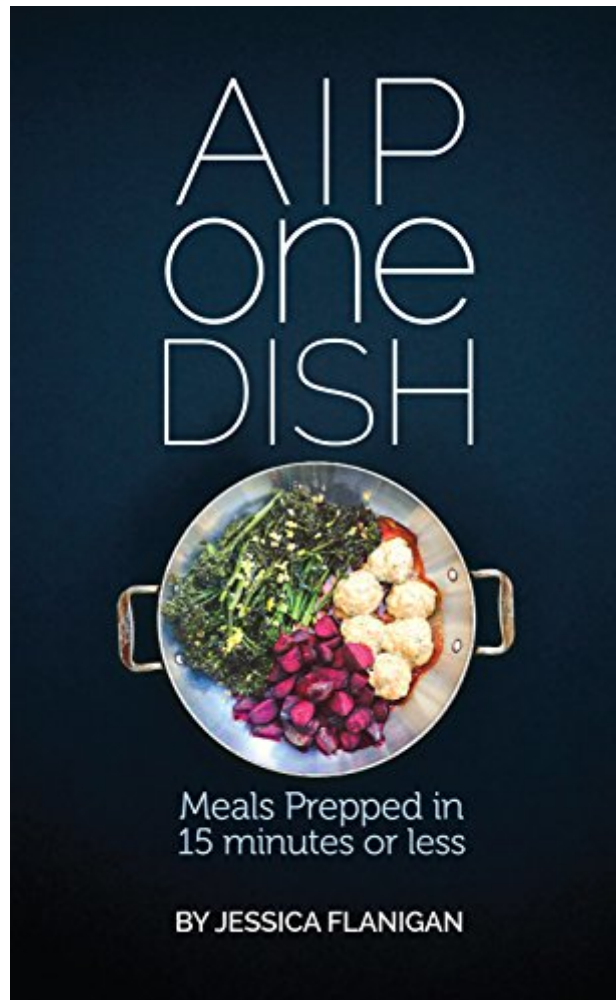




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AIP One Dish: Meals Prepped In 15 Minutes Or Less



Synopsis

35 AIP dinner recipes prepared in 15 minutes or less in ONE pan. Using a large cast iron skillet with lid, braiser pan or even a rimmed cookie sheet, you can prepare brilliantly easy AIP compliant recipes in less than 15 minutes. These recipes contain no tricky ingredients, no organ meats or other ingredients you won't recognize like specialty grain-free flours. This is perfect for AIP BEGINNERS and especially useful if you want to eat AIP and have been frustrated by the effort and time it takes to cook. The recipes focus on the oven cooking the entire meal at once, and that means that you will have almost no clean up and very few dishes to wash after you prepare the meal. No meal plans, no grocery lists..this back to basics recipe collection can be used any night of the week and you most likely have many of the ingredients already! As a AIP Nutritionist for over 5 years, I am very busy. I created these recipes out of need, but they became such a hit on my Instagram page that I made them into an ebook out of popular demand.

Book Information

File Size: 14562 KB

Print Length: 80 pages

Publisher: Jessica Flanigan | aiplifestyle.com (August 8, 2017)

Publication Date: August 8, 2017

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B074NSWNZT

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #39,537 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5

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Customer Reviews

Great idea and perfectly executed! One pan preparation and walk away instructions. So simple

anyone could do it! Thanks Jessica! Can't wait to share your book with my clients.

Quick and easy recipes!

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