



Real Food Dinners for Two: Healthy Paleo Recipes at Home

Courtney Stultz

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Real Food Dinners for Two helps takes the guess work out of creating healthy meals at home. The recipes found in this book are all Paleo-friendly, gluten-free and dairy-free but ingredient substitutions are provided for each recipe. The author, Courtney of the blog LPHJ Kitchen, was diagnosed with severe food sensitivities and had to give up having "date nights" out with her husband. Instead, she created their favorite restaurant meals at home and made them free from common allergens. You'll find over 40 recipes for popular favorites including Chicken Fried Chicken, Chicken & Veggie Primavera, Beef Fajitas, Cashew Chicken, plus sides dishes and desserts! This cookbook isn't limited to just date nights; it can be enjoyed by anyone! Grab your friends, relatives and even children to have healthy, flavorful meals at home!

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