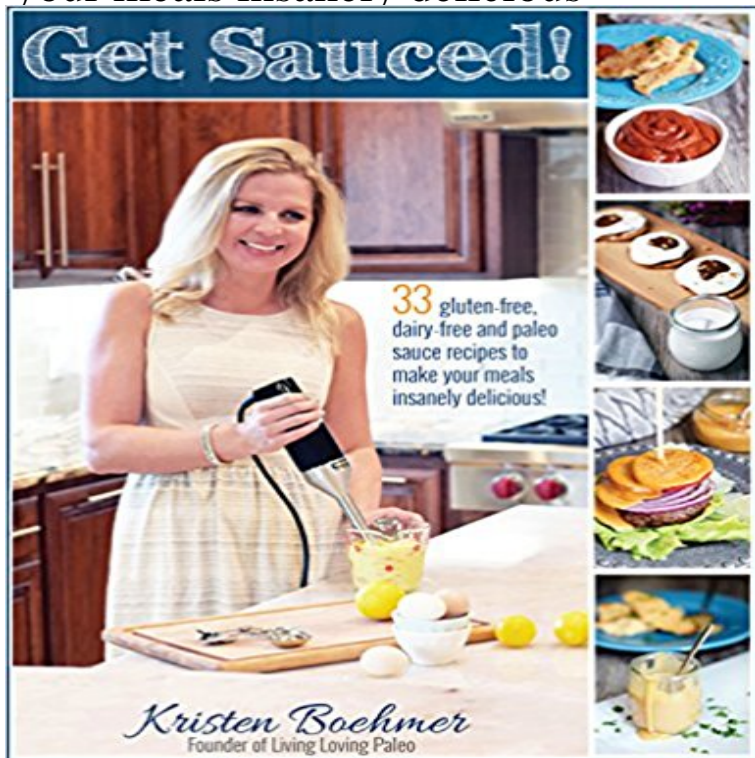


## Get Sauced: 33 gluten-free, dairy-free and paleo sauce recipes to make your meals insanely delicious



The biggest struggle that I hear from others when they're switching their diet is that eating real food is so boring or they're spending far too much time in the kitchen. That's exactly why I created Get Sauced, these sauces will make eating healthy delicious and new every time! This eBook will revolutionize the way you eat, as it makes it super easy to get healthy fats and much needed nutrition. Often, when you're following a real foods diet, you can find yourself eating similar meals much of the time. I know this is the case for me, as I don't have time to cook every single night, so quick meals are what get me through! These sauces will make even the most plain protein and veggies incredibly delicious! Just like all of my recipes found on my website, these sauces are so easy to make! I've taken the extra steps to be sure that you can create these sauces even if you have the most basic kitchen skills and equipment. This eBook includes 33 insanely delicious recipes (38 recipes including the variations!) I made it my goal to create sauces that anyone could eat, despite food intolerances that go beyond paleo. This is exactly why just by simply taking a glance at the top of each recipe, you'll know right away if they'll work for you! 24 recipes are egg-free or can be made egg-free 35 recipes are nut-free or can be made nut-free 27 recipes are nightshade-free or can be made nightshade-free 29 recipes are coconut-free or can be made coconut-free

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