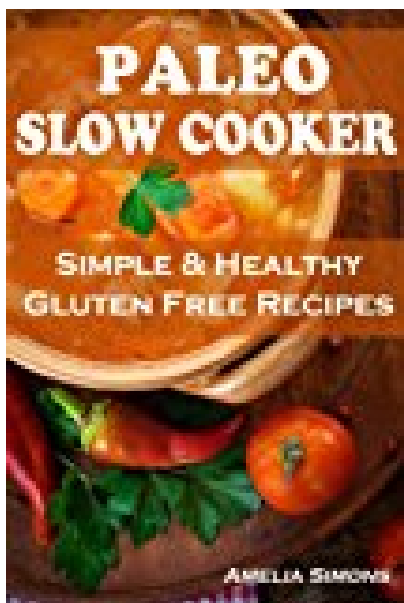


Paleo Slow Cooker Simple and Healthy Gluten Free Recipes



BOOK DETAILS

- Author : Amelia Simons
- Pages : 130 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1494256851

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BOOK SYNOPSIS

IS HEALTHFUL EATING WEIGHING YOU DOWN? Sticking to a diet can be difficult, but preparing healthful and delicious dishes doesn't need to be. The Paleo diet just got easier with the help of *Paleo Slow Cooker: 75 Easy, Healthy, and Delicious Gluten-Free Paleo Slow Cooker Recipes for a Paleo Diet*. • 75 Paleo-friendly slow cooker recipes offer delicious Paleo breakfasts, Paleo stews, Paleo breads, Paleo desserts, and Paleo meat and vegetarian entrees. • Gluten-free Paleo recipes include slow cooker favorites, such as Slow Cooker Paleo Pot Roast, Buffalo-Style Shredded Pork Wraps, Slow Cooker Banana Bread, Mediterranean Beef Stew, and Sweet Potato and Chicken-Sausage Hash. • Learn dozens of tips for Paleo slow cooking and the benefits of living a Paleo and gluten-free lifestyle. John Chatham, best-selling author of *The Paleo Diet Solution* and *The Paleo Cookbook*, believes that eating healthfully doesn't mean preparing bland, time-consuming meals, which is why Chatham's latest series of best-selling cookbooks include easy and delicious recipes for Paleo Bread, Paleo Cookies, Paleo Muffins, and now Paleo slow cooking. Supplying helpful tips for successfully living and cooking Paleo and gluten-free, *Paleo Slow Cooker* explains the basics of the Paleo diet, and the benefits and health problems associated with gluten. *Paleo Slow Cooker: 75 Easy, Healthy, and Delicious Gluten-Free Paleo Slow Cooker Recipes for a Paleo Diet* is a concise guide to embracing the Paleo lifestyle. Lose weight; decrease your odds of diabetes, hypertension, heart disease, cancer, and osteoporosis; and enjoy a delicious diet. *Paleo Slow Cooker* offers a tasty and healthful path to living on a gluten-free, wheat-free Paleo diet.

PALEO SLOW COOKER SIMPLE AND HEALTHY GLUTEN FREE RECIPES -

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