



Paleo Slow Cooker: 40 Simple and Delicious Gluten-free Paleo Slow Cooker Recipes for a Healthy Paleo Lifestyle

Sara Elliott Price

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Paleo slow cooker recipes make it easy to eat delicious meals while living a healthy lifestyle!

Are you tired of eating the same Paleo meals everyday? Would you like for your food to be quick to prepare and waiting for you when you're ready to eat? Maybe you're new to the Paleo diet and need some great recipes to get you going in the right direction?

If that sounds like you then keep reading...

This book includes 40 of the most delicious Paleo slow cooker recipes you'll ever try. You'll find a variety of amazing breakfast, lunch, dinner, and dessert recipes, so that you can find the perfect recipe for any time of the day. By purchasing some simple ingredients, you'll be ready to enjoy great tasting, healthy meals in no time.

Cooking should be quick and easy. The recipes in this book make great use of your slow cooker, which is a huge time saver considering that you can set it, walk away and do what's most important to you. For me that is usually getting a workout in and spending time with my family. Ever since discovering how fast and easy it can be cooking with a slow cooker, it has made staying on a Paleo diet so much easier.

Living the Paleo lifestyle is easier than you might think and once you get started you'll wonder what took you so long. The meals are simple to make, and they're all 100% within the Paleo diet guidelines.

'Paleo Slow Cooker' isn't just an ordinary recipe book. Yeah, sure, it has delicious recipes and it's packed full of helpful advice, but it is indeed more than that. It's a gateway to the life that you want and deserve. By choosing to live the Paleo lifestyle, you are actively taking part in getting to your ideal weight while being in excellent health.

For beginners learning how to get started on the Paleo diet, but not entirely sure how to go about it, this book has easy, mouthwatering recipes for every meal of the day. Maybe you're a longtime Paleo advocate or a beginner; it doesn't matter because you can have new and exciting recipes to help you get used to your new eating habits.

This book will help you maintain a healthier lifestyle that will keep you feeling fit, looking younger and living longer!

Some of my favorite recipes in this book include...

- Maple Blueberry Bacon Breakfast Carnitas
- Sweet and Savory Sage Stew with Pumpkin and Cherries
- Ancho Chile Braised Country Style Pork Ribs
- Lemongrass Beef Short Ribs
- Coconut Curried Chicken Soup

- Apple Pork Tenderloin
- Banana Coconut Foster
- Plus, many more delicious recipes!

So, what are you waiting for? Grab your copy of "Paleo Slow Cooker" today and start cooking! You'll be amazed at all the extra time you have and just how easy going Paleo really can be!

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