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Paleo Slow Cooker Cookbook: 25 Easy and Delicious Paleo Recipes for Your Slow Cooker

Jasmine King

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Paleo Slow Cooker Cookbook

If you want to enjoy healthy meals, lose weight but don’t have enough time to cook, Paleo Slow Cooker Cookbook is the best book for you!

Many people turn to the Paleo diet as a way to help them live a healthier life. The Paleo diet takes you back to the days of our primitive ancestors who did not have to worry about chronic diseases such as obesity and diabetes. That's because they ate whatever they found; foods that were naturally abundant.

This book has just made following the Paleo lifestyle a whole lot easier. By reading this book you will learn:
• Tips to enjoy the remarkable health benefits of the Paleo diet along with the convenience of a slow cooker
• 25 Best Paleo slow cooker recipes for breakfast, lunch, and dinner

These easy and delicious recipes will be made in a slow cooker while you go to work or take care of other important business. These Paleo meals will give your body the energy and nutrients it needs to live a healthy and productive life.

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