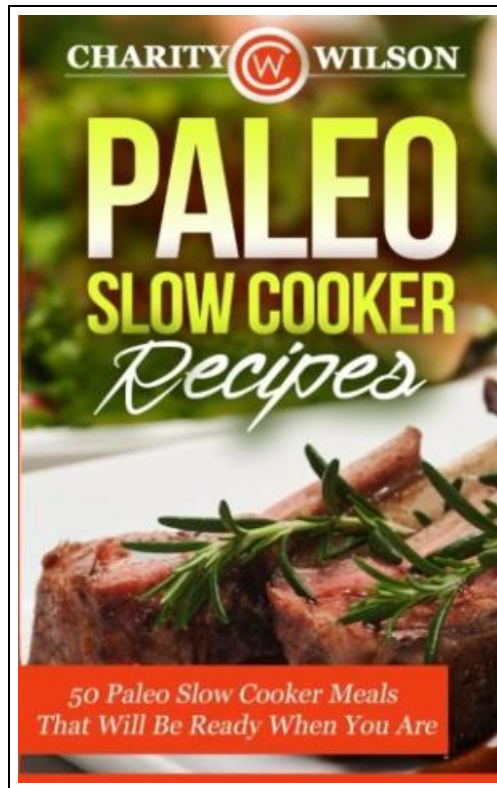


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Calling all busy Paleo people.Paleo Slow Cooker Recipes Ready When You AreNo time to cook? Join the club. Between hitting the gym, work and family functions, who has time to cook for two hours a night? Not you or why would you be looking for a book on Paleo slow cooker recipes? Convenience In A CrockpotNothing beats coming home to a hot, delicious Paleo meal that all you have to do is scoop and serve. There is also the fact you can make enough to have leftovers that can be frozen or eaten the next day, preventing you from having to cook another night.All that delicious and tender meat just falling off of the bone will be waiting for you. The vegetables will be bursting with flavor if not for any other reason than the fact they were cooked with meat.If that isn't enough to convince you that a slow cooker will be your new best friend how about waking up to breakfast ready to go. That's right. You wake up to the smell of Cashew Butter Toast or Ham and Spinach Bake.Protein, vegetables and deliciousness, what's not to love?The possibilities are endless with a slow cooker. It can redefine how you eat in a week and free up a lot of time for the things you really want to be doing. Like napping.New To The Paleo Diet?Maybe you have never tried Paleo before but heard it was the next best thing since sliced bread. Actually that is an awful comparison being the invention of bread is exactly what the Paleo diet is trying to combat.Unlike the standard diet of wheat based processed foods most people...



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