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## Paleo Slow Cooker Recipes; The Best Paleo Diet Recipes for Your Slow Cooker

By Daisy Williams

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. large type edition. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Hunt. Gather. Slow Cook. Break out the slow cooker and start enjoying healthy meals without fussing and slaving over a hot stove. The Paleo Diet is the back-to-basics diet plan that is simple to follow because it is based on the food groups of natural and unprocessed foods that our ancestors ate all of the time. If you can hunt, fish or gather it, it's very likely included in the Paleo Diet plan. What you won't find is dairy, refined sugar, grains or heavily processed, prepared foods. Using a slow cooker to create the recipes in this book will save you time and dollars because slow cooking makes it easier to utilize less expensive cuts of meat. You'll basically be shopping around the perimeter of the supermarket, selecting lots of delicious fruits, vegetables, meats, poultry, nuts, and fish. You'll notice that weight management gets easier because you've eliminated the empty calories found in addictive, heavily processed foods that are not only damaging to your health, but to your...



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