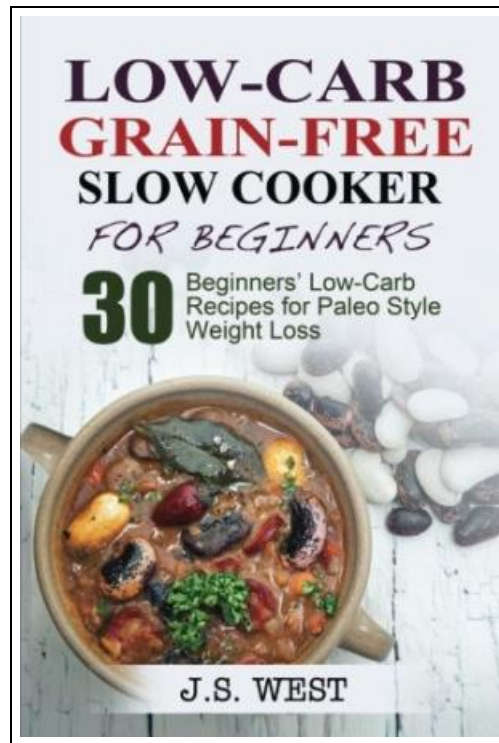


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. After reading this book you will learn all about grain-free slow cooker diet and paleo dietary lifestyleThe Health and Wellness Benefits Will Be Incredible!This book provides information to help you lose lots of weight quickly by following a paleo style diet. This diet limits carbohydrate intake and eliminates grains completely from the diet. These qualities, as well as the increased amounts of protein consumption from a paleo style diet, work wonders for weight loss and keeping your body healthy, too.The bulk of this book is comprised of thirty delicious, easy recipes that can all be made in the slow cooker. These are perfect for the beginner to dieting or to cooking, because they are all so simple and come out tasting amazing. Almost all of the recipes included in this book can also be made ahead of time and refrigerated or frozen for ease of reheating and eating later on. Don t be afraid to get creative and try them all!The recipes within this book are all completely devoid of grains. For those that require a sort of flour, almond flour is used. However, coconut flour can also be used for these recipes. Coconut flour and almond flour are grain-free alternatives that taste great and work the same way as all-purpose flour when it comes to baking and cooking.These recipes do include dairy. However, if you prefer to eliminate dairy from your diet as well, there is no reason why you can t. Simply use dairy substitutes for any of the dairy products used within these recipes (such as almond milk or coconut milk).Carbohydrates have been greatly limited in all of the recipes in this book. They all fall...



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