[Free PDF File] The Big Book of Paleo Slow Cooking
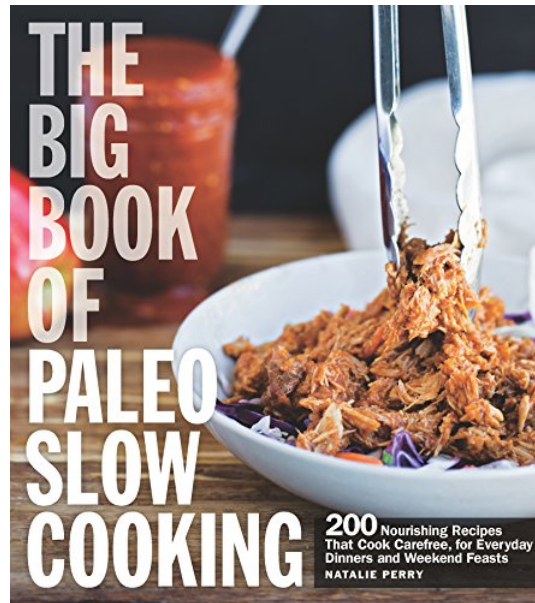

Keep your diet simple, healthy, and delicious with The Big Book of Paleo Slow Cooking, the slow cooker recipe book for anyone following the paleo diet. Well-respected and widely read paleo blogger, Natalie Perry, is here to show you the best main courses she has to offer with The Big Book of Paleo Slow Cooking. She doesn't stop there, though. You'll also enjoy filling and simple breakfasts, tasty lunches, invigorating snacks, and sweets and desserts to tie everything together. All paleo-friendly, and all easily prepared in your trusty slow cooker. Don't spend every night preparing dinners for you and your family when the time tested slow cooker solution is available. With beautiful photography and step-by-step instructions, Perry shows you how to flawlessly make more than 200 recipes that fit the paleo diet. Don't wait to try out exquisite dishes like Lemon-Garlic Wings with Cracked Pepper Sauce, Butternut Squash and Apple Soup, Thai Green Curry with Lobster, Zucchini "Flatbread", and Nut-Free Fudgy Brownie Cake! The recipes are creative and incorporate global flavors with roots in Asian, Latin, and Middle Eastern cuisines, many of which have never before appeared in print.

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