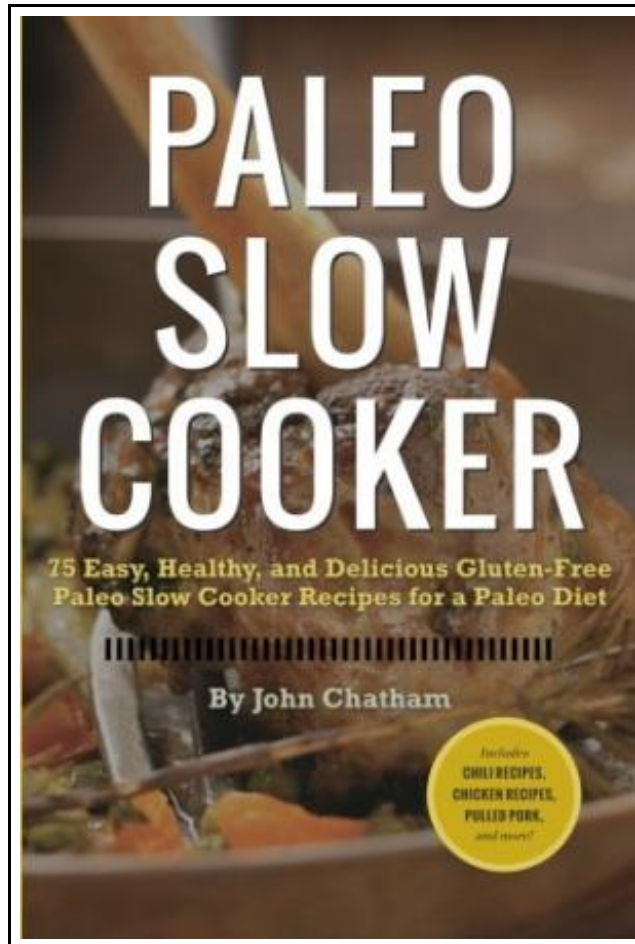


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PALEO SLOW COOKER: 75 EASY, HEALTHY, AND DELICIOUS GLUTEN-FREE PALEO SLOW COOKER RECIPES FOR A PALEO DIET (PAPERBACK)



Callisto Media Inc., United States, 2013. Paperback. Book Condition: New. 228 x 150 mm. Language: English . Brand New Book. IS HEALTHFUL EATING WEIGHING YOU DOWN? Sticking to a diet can be difficult, but preparing healthful and delicious dishes doesn't need to be. The Paleo diet just got easier with the help of Paleo Slow Cooker: 75 Easy, Healthy, and Delicious Gluten-Free Paleo Slow Cooker Recipes for a Paleo Diet. 75 Paleo-friendly slow cooker recipes offer delicious Paleo breakfasts, Paleo stews, Paleo breads, Paleo desserts, and Paleo meat and vegetarian entrees. Gluten-free Paleo recipes include slow cooker favorites, such as Slow Cooker Paleo Pot Roast, Buffalo-Style Shredded Pork Wraps, Slow Cooker Banana Bread, Mediterranean Beef Stew, and Sweet Potato and Chicken-Sausage Hash. Learn dozens of tips for Paleo slow cooking and the benefits of living a Paleo and gluten-free lifestyle. John Chatham, best-selling author of The Paleo Diet Solution and The Paleo Cookbook, believes that eating healthfully doesn't mean preparing bland, time-consuming meals, which is why Chatham's latest series of best-selling cookbooks include easy and delicious recipes for Paleo Bread, Paleo Cookies, Paleo Muffins, and now Paleo slow cooking. Supplying helpful tips for successfully living and cooking Paleo and gluten-free, Paleo Slow Cooker explains the basics of the Paleo diet, and the benefits and health problems associated with gluten. Paleo Slow Cooker: 75 Easy, Healthy, and Delicious Gluten-Free Paleo Slow Cooker Recipes for a Paleo Diet is a concise guide to embracing the Paleo lifestyle. Lose weight; decrease your odds of diabetes, hypertension, heart disease, cancer, and osteoporosis; and enjoy a delicious diet. Paleo Slow Cooker offers a tasty and healthful path to living on a gluten-free, wheat-free Paleo diet.



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