



Paleo Slow Cooking

Dominique DeVito

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The Paleo Diet has taken contemporary dieting to a whole new level, breaking away from faddism and becoming a true model for human nutrition. Paleo Slow Cooking sheds modern light on this lifestyle with over 250 flavorful recipes for the slow cooker. Impress your family and friends with these amazing, hassle-free (and guilt-free) dishes.

The Paleo lifestyle may mirror the diet of early settlers and hunter-gatherers, but that doesn't mean the meals need to be prepared that way! Paleo Slow Cooking contains over 250 recipes exclusively for the electric slow cooker, along with cooking tips, nutritional information, shopping advice and more. Learn how to let the slow cooker work for you as you show your palate what real, wholesome food can taste like when prepared right. Paleo Slow Cooking features full color throughout, as well as a full-page photograph of the prepared dish with most recipes. Whether you're looking to lose weight, cut carbs, minimize gluten intake or simply achieve optimal health, this book will help you adopt a healthy lifestyle that isn't limited by bland ingredients and time commitments in the kitchen. Let the tempting photographs, detailed instructions and pages full of helpful hints be your guide to preparing deliciously fresh meals that our human bodies were designed to eat all along.

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From reader reviews:

Ellen Jones:

Why don't make it to become your habit? Right now, try to ready your time to do the important take action, like looking for your favorite guide and reading a book. Beside you can solve your trouble; you can add your knowledge by the reserve entitled Paleo Slow Cooking. Try to face the book Paleo Slow Cooking as your good friend. It means that it can for being your friend when you truly feel alone and beside those of course make you smarter than previously. Yeah, it is very fortunated for you personally. The book makes you much more confidence because you can know everything by the book. So , we should make new experience as well as knowledge with this book.

Katherine Sherrer:

This book untitled Paleo Slow Cooking to be one of several books that will best seller in this year, this is because when you read this publication you can get a lot of benefit upon it. You will easily to buy that book in the book shop or you can order it via online. The publisher on this book sells the e-book too. It makes you more readily to read this book, because you can read this book in your Smartphone. So there is no reason for you to past this reserve from your list.

Patricia Nebeker:

Spent a free time and energy to be fun activity to complete! A lot of people spent their sparetime with their family, or their friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could be reading a book can be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the guide untitled Paleo Slow Cooking can be very good book to read. May be it may be best activity to you.

Kenneth Copeland:

What is your hobby? Have you heard that will question when you got learners? We believe that that question was given by teacher with their students. Many kinds of hobby, Everybody has different hobby. Therefore you know that little person like reading or as examining become their hobby. You must know that reading is very important and also book as to be the point. Book is important thing to add you knowledge, except your own teacher or lecturer. You will find good news or update in relation to something by book. Amount types of books that can you decide to try be your object. One of them is this Paleo Slow Cooking.

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