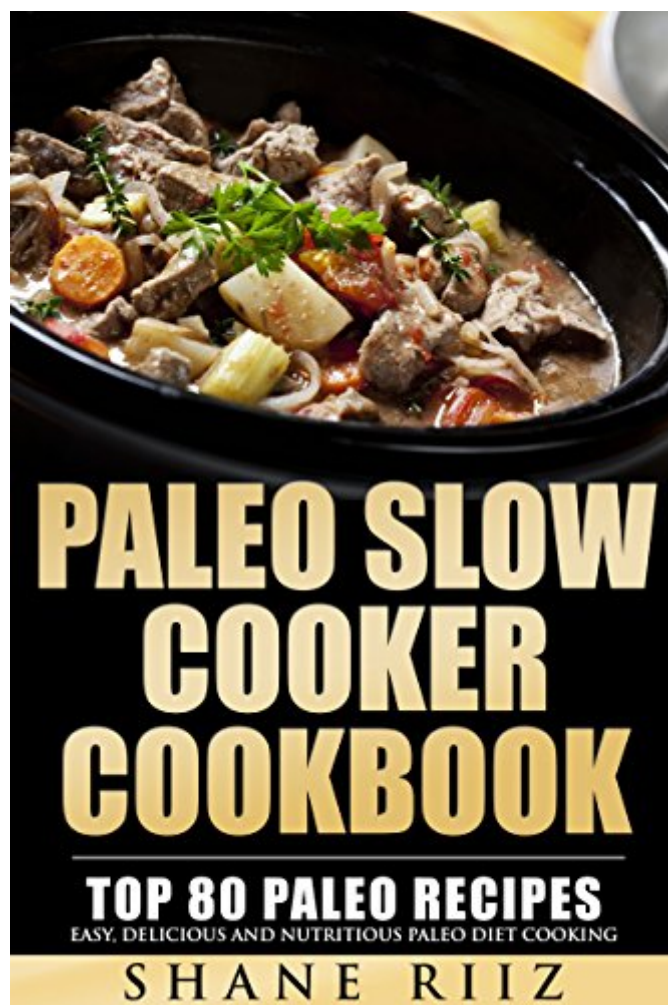




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Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious And Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food)





Synopsis

TOP 80 PALEO RECIPES - EASY, DELICIOUS AND NUTRITIOUS PALEO DIET

COOKING***Claim Your FREE BONUS at the end of the book*** Download this Bestseller today! Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Have you ever experienced being just too lazy to cook? Do you want to eat healthy but find preparing the recipes too time consuming or too complicated or both? Have you heard of the Paleo diet but have no idea how to start? Do you have a slow cooker lying unused in your kitchen for years? Do you want to cook something healthy but do not want to sacrifice, taste and texture? If you have answered yes to any of these questions, then this "Paleo Slow Cooker: Top 80 Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking" book is for you!It is a collection of recipes that I have prepared several times and have been well received by family, friends and many others.Say goodbye to recipes that keep you in your kitchen for hours and hours. Save yourself from overly complicated cooking instructions. Start and keep your Paleo diet while using your slow cooker. With this recipe book, you can enjoy your Paleo dishes without the difficulty of preparing them!The recipes in this book are a combination of beef, chicken, seafood and vegan meals. There is also a chapter dedicated to breakfast, sides and desserts. With 80 recipes, you have more than one new recipe to cook every day for the next 2 months and more!Get yourself out of the kitchen while still having the best and tastiest Paleo recipes at the end of the day! Happy health eating! *Don't forget to claim your FREE BONUS at the end of the book!

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Customer Reviews

From Last month I was thinking about Paleo diet for myself. I just got started on the Paleo diet and was looking around for tasty recipes that would not put me off my dieting plans. Many a times in past, I have failed dieting because diet food basically tastes bad and never want to one taste 2 times. That's why I am so happy to have picked up this book. What I loved about this book is that it has recipes for breakfast, lunch, dinner and even desserts and already try many recipes. I also especially like how the author suggests variations to the recipe. This will certainly make my dieting more interesting!

Recipes may be great but I won't be trying them. the author seriously needs an editor. Remember, this is a Paleo Cookbook. The recipe for Chicken Cacciatore calls for 1/4 cup whole wheat flour. If you follow Paleo, you know that wheat flour is not an acceptable ingredient. Recipe for Crab Chowder contains corn. Another non-Paleo ingredient. There's a recipe for Chicken Cheese and Chili. There's no cheese in the recipe or anything else that is intended to be a cheese substitute. Seeing errors like these in a cookbook does not give me the confidence to try the recipes. FYI, no pictures in the cookbook. If pictures of the finished meal are important to you, you won't see any in this book.

I have wanted to adjust my diet for some time now and am glad I came across this paleo diet cookbook. Better yet, I have always wanted to use my slow cooker that I got as a wedding gift but have never taken out of the box. I am glad to finally be able to put my slow cooker to use and try out these paleo recipes. I must admit my cooking skills are weak but the recipes in this book are super easy to follow and very straightforward. I really enjoy using my slow cooker now and it is super easy. Since I am not very good at cooking the last thing I want to do after a long day at work is cook, so preparing these recipes in the slow cooker beforehand makes it super easy to eat healthy and helps prevent me from getting takeout as much. I don't know why it took me so long to finally put my slow cooker to use!

This is a great collection of mouthwatering and healthy recipes. Paleo diet is a nice way to improve health by eating what was eaten in prehistoric age (paleolite). It involves more natural food groups as main ingredients for recipes, and cooking using slow cooker or crock pot. There are 75 recipes divided into 5 groups: beef (eg. spicy beef), chicken (eg. chicken cacciatore), seafood (eg. fish chowder), veggie (eg. mixed vegetable soup), breakfast/sides/desserts (eg. sausage breakfast). Recipes are well written, easy to understand and follow.

This book has the 80 delicious and nutritious book you will ever have. I would love to try the recipes enumerated in the book for certain type of food or dishes. The Paleo diet is healthy unlike any other diet that you might read in many books that you have encountered. This slow cooker made everything easy.

This book is really good value, I'm very happy I have it. I found so many different dishes and most of them easy to use with your slow cooker which I recently bought and to be honest, did not know very well how to use it. This book makes it easy and every dish that you find inside is mouth watering. It is difficult to chose favorites between the 80 recipes that are absolutely delicious. I highly recommend this book to anyone who is interested in paleo diet and has a slow cooker.

I found out about paleo from a friend a while ago I saw this paleo book and decided to get it. after going through it I have to say this is a great paleo cookbook for anyone looking to try out paleo.

Found it hard to choose the best from the top 80 recipes. In fact loved the whole book. The recipes are easy to cook and do not take much time to prepare. They can be prepared easily in such busy times even without any fuss. Loved the concept and the layout of the book too. Will be waiting for more from the author. great Job...

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