



Paleo Slow Cooker Recipes: 50 Paleo Slow Cooker Meals That Will Be Ready When You Are

Charity Wilson

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Calling all busy Paleo people...

Paleo Slow Cooker Recipes Ready When You Are

No time to cook? Join the club. Between hitting the gym, work and family functions, who has time to cook for two hours a night? Not you or why would you be looking for a book on Paleo slow cooker recipes?

Convenience In A Crockpot

Nothing beats coming home to a hot, delicious Paleo meal that all you have to do is scoop and serve. There is also the fact you can make enough to have leftovers that can be frozen or eaten the next day, preventing you from having to cook another night.

All that delicious and tender meat just falling off of the bone will be waiting for you. The vegetables will be bursting with flavor if not for any other reason than the fact they were cooked with meat.

If that isn't enough to convince you that a slow cooker will be your new best friend how about waking up to breakfast ready to go. That's right. You wake up to the smell of Cashew Butter Toast or Ham and Spinach Bake.

Protein, vegetables and deliciousness, what's not to love?

The possibilities are endless with a slow cooker. It can redefine how you eat in a week and free up a lot of time for the things you really want to be doing. Like napping.

New To The Paleo Diet?

Maybe you have never tried Paleo before but heard it was the next best thing since sliced bread. Actually that is an awful comparison being the invention of bread is exactly what the Paleo diet is trying to combat.

Unlike the standard diet of wheat based processed foods most people are eating, a Paleo diet is based on eating what some call the "Caveman Diet." It is a diet based on lean meats, fish, nuts, seeds, fruits and vegetables all in their most natural form. Organic and grass fed are regularly used terms for Paleo followers.

The Paleo diet derives its health benefits from the fact you cut out all the junk food in your diet and add in ample amounts of vitamin and anti-oxidant loaded fruits and vegetables. You are also encouraged to eat healthy fat and enjoy your protein.

The easiest way to live a Paleo lifestyle is to stockpile great recipes like you will find inside "Paleo Slow Cooker Recipes" and then actually use them. Skim through this book but then commit to making one meal tomorrow night. Don't just shelve this with all the other healthy eating cookbooks you have but take action.

Your taste buds and waistline will thank you.

What You Will Discover Inside “Paleo Slow Cooker Recipes”

- 10 Breakfast Recipes to start the morning right
- 10 Soups & Stews for any time of the day
- 21 Meat Recipes for muscle building power
- 7 Dessert Recipes to keep those sugar cravings at bay
- 2 Vegetarian Recipes for the nights you’re grilling your meat

Are you ready to finally discover the easiest way to eating a Paleo lifestyle?

Scroll to the top of the page and hit the buy button today!

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Wendell Nadeau:

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