



Paleo Slow Cooker: 21 Simple and Gluten-Free Paleo Slow Cooker Recipes for Busy Families

Linda Harris

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People who are ready to stop eating unhealthy and highly processed or refined foods are becoming increasingly reliant upon the paleo diet plan, which is a healthy and natural way of eating and a very popular lifestyle. Rather than consuming junk food, people who are on the paleo diet enjoy natural, fresh food that is similar to the food that people ate many centuries ago.

The *Paleo Slow Cooker* has just made living the paleo lifestyle a whole lot easier. It's now possible to enjoy the remarkable health benefits that are provided by the paleo diet along with the simplicity and convenience of a slow cooker. You'll find 21 delicious and incredibly simple recipes in this book that can be created in your slow cooker while you go to work or take care of other important business. All of these recipes are entirely gluten free and paleo friendly. One full week of paleo meals will give you all of the energy you need to function at optimal levels.

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