



Paleo Slow Cooker Recipes: 65 Fast, Easy and Delicious Primal Crock Pot Recipes to Feed Your Family

Andrea Huffington

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How valuable is YOUR time to you?

Slow is the new fast ...

Just imagine yourself coming home after a long day at work, to find a healthy home-cooked meal just waiting for you and your family. No standing on your feet trying to put a meal together while ALL you really want to do is sit down and forget about the day's troubles.

With slow cooking you can have this at fraction of the time you normally spend on cooking, and it's like having your own cook on duty!

This is especially true for sticking to the Paleo diet, where the thought of starting a meal from scratch after a difficult day may tempt you to just grab a fast food meal.

Although the cooking is slow, the food is 'fast', being ready for you with minimal preparation on your part.

Chances are you're spending way too much time in front of a hot stove anyway. Why not give yourself a well-deserved break by learning the secrets of the crock pot?

In this value-packed little gem you will:

- **Find out** how the crock pot reduces your stress levels
- **Uncover** The secrets to make crock pot meals very tasty
- **Discover** Tips on how to go gluten-free (you really cannot be without these)
- **How** Slow Cooking makes sticking to the Paleo diet EASY
- **How to** easily lose weight in 30 days and gain strength at the same time
- **Ingredients and substitutions** that will make every meal rock!

By allowing yourself to discover an easier way to do things, you free up more time to do the things you really want to be doing with the new-found energy the Paleo diet gives you.

And so finally ... to make your life easier, healthier and save you loads of time, scroll up and click the **Buy Now** button. You'll find yourself really glad that you did!

BONUS BOOK!

Get a FREE BONUS copy of the best-selling ebook: **Cooking Mastery Guide**

In this guide, you will learn:

- To cook fast and easy meals
- To cook meals that taste better than top restaurants

- How To Put More Excitement Into Your Cooking

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From reader reviews:

Marc Starr:

The reason why? Because this Paleo Slow Cooker Recipes: 65 Fast, Easy and Delicious Primal Crock Pot Recipes to Feed Your Family is an unordinary book that the inside of the book waiting for you to snap that but latter it will zap you with the secret the item inside. Reading this book next to it was fantastic author who also write the book in such amazing way makes the content within easier to understand, entertaining means but still convey the meaning completely. So , it is good for you for not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book possess such as help improving your skill and your critical thinking method. So , still want to postpone having that book? If I ended up you I will go to the publication store hurriedly.

Gregory Jones:

Playing with family in a park, coming to see the water world or hanging out with good friends is thing that usually you will have done when you have spare time, and then why you don't try thing that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Paleo Slow Cooker Recipes: 65 Fast, Easy and Delicious Primal Crock Pot Recipes to Feed Your Family, you can enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout men. What? Still don't buy it, oh come on its identified as reading friends.

Lucille Davis:

Your reading 6th sense will not betray an individual, why because this Paleo Slow Cooker Recipes: 65 Fast, Easy and Delicious Primal Crock Pot Recipes to Feed Your Family reserve written by well-known writer whose to say well how to make book which might be understand by anyone who else read the book. Written inside good manner for you, still dripping wet every ideas and composing skill only for eliminate your personal hunger then you still skepticism Paleo Slow Cooker Recipes: 65 Fast, Easy and Delicious Primal Crock Pot Recipes to Feed Your Family as good book not merely by the cover but also with the content. This is one guide that can break don't assess book by its include, so do you still needing one more sixth sense to pick this!? Oh come on your looking at sixth sense already told you so why you have to listening to an additional sixth sense.

Janice Hayes:

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