



Paleo Gluten Free Slow Cooker Recipes: Without the Tiniest Amount of Grain (Gluten free recipes, Paleo cookbook, Paleo for beginners)

Phyllis Snyder

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The best, easy to prepare and delicious GLUTEN FREE recipes!

The Paleo diet may appear to be a new diet trend but it is so much more rewarding than just a weight loss plan. Individuals looking to also go gluten free can greatly benefit from this diet because it simply stresses the **importance of eating naturally healthy foods**. This diet encourages preparing meals filled with organic vegetables and lean meats that will cleanse your body of harmful toxins that have been stored up from consuming the genetically altered food we have grown so accustomed to consuming.

Paleo Gluten Free Slow Cooker Recipes: Without the Tiniest Grain is a book that will supply you with incredibly convenient recipes that will seem like they took you hours in front of a hot stove to complete. Individuals, today are living continuously active on the go lives eating healthy can seem like such a daunting challenge. A crock pot or slow cooker can be very advantageous allowing you to easily prepare many healthy nutritious meals in a couple of minutes.

Here is what you will learn after reading this book:

- Paleo and Gluten free breakfast meals
- Soups and Stews
- Flavorful Paleo Gluten free Chicken and Seafood Recipes
- Classic Homemade Meatloaf
- Healthy party favorite wings

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