



# **The Ultimate Paleo Slow Cooker Cookbook: The Paleo Solution for Health and Weight Loss - Paleo Comfort Foods Recipes for Everyday Life**

*Martha Stephenson*

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# The Ultimate Paleo Slow Cooker Cookbook: The Paleo Solution for Health and Weight Loss - Paleo Comfort Foods Recipes for Everyday Life

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## **The Ultimate Paleo Slow Cooker Cookbook: The Paleo Solution for Health and Weight Loss - Paleo Comfort Foods Recipes for Everyday Life** Martha Stephenson

Trying to lose weight and get healthy is not an easy task. There's a reason why the weight loss business is a billion dollar industry. Before you have suffer through another diet fad filled with tasteless, disgusting and unappetizing foods, why not give the Paleo lifestyle a try?

With the paleo solution, your diet will be filled with fresh foods, fruits and vegetables that your body needs and will love. You will be going back to the roots of food and avoid unnecessary and unhealthy, overly processed foods. The Paleo solution encourages users to consume vegetables, fruits, seafood, lean meats, healthy fats, nuts and seeds, while staying away from grains, dairy, processed foods, legumes, sugars, alcohol and starches. And with "The Ultimate Paleo Slow Cooker Cookbook – The Paleo Solution for Health and Weight Loss: Paleo Comfort Food Recipes for Everyday Life", you will learn how to create 25 delicious and Paleo compliant recipes that please everyone in your family!

Within the pages of this paleo slow cooker cookbook, you will find 25 paleo compliant recipes that will please the entire family, even if they aren't following the paleo lifestyle. Each recipe has been tested over and over again to ensure its accuracy, includes the total time it will take to prepare and cook the dish, and how many it serves. Furthermore, the recipes are written in an easy-to-follow, step-by-step manner so that all cooks, no matter their previous experience in the kitchen, can successfully recreate these slow cooker recipes. And since each recipe is designed for the slow cooker, you won't have to slave over a hot stove for hours!

So what are you waiting for? Start reading "The Ultimate Paleo Slow Cooker Cookbook – The Paleo Solution for Health and Weight Loss: Paleo Comfort Food Recipes for Everyday Life" today!

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