



# **Paleo In a Pot A Paleo Cookbook: Enjoy a Healthier Lifestyle with 40 Slow Cooker Paleo Recipes**

*Lisa Jennings*

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An amazing paleo recipe book that has delicious and easy to prepare slow cooker meals. Perfect for that busy person that really just wants to "set it and forget it" yet still be health conscious. The Paleo diet with its high protein and high quantity of vegetables is the most natural way of eating and is how nature intended us to eat. So enjoy some of the best slow cooker paleo meals that are simple and delicious.

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