



Paleo Slow Cooker Recipes: 25 Top Rated Recipes for a Healthier Lifestyle (Paleo Slow Cooker Recipes, Paleo Diet, Paleo Cookbook)

Betty Baker

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The Paleo diet is a diet that allows you to return to the diet you were genetically programmed to follow. It's really as simple as that.

Follow this diet, and you will never need to "diet" again. Once you start eating in this manner, you won't miss the overly processed foods that were once a staple in your diet.

The Paleo diet is a diet everyone can follow. Our ancestors had no choice but to follow a diet such as this because they had to live off the land. Things like refined sugars, salt, dairy products, fatty meats and processed foods were simply not available.

Here is what you will learn after reading this book:

- 25 Delicious Paleo Slow Cooker Recipes
- A Brief introduction to the Paleo Diet
- Keys to the Paleo Diet
- Recommended Foods
- Delicious Foods That Are Simple to Make

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