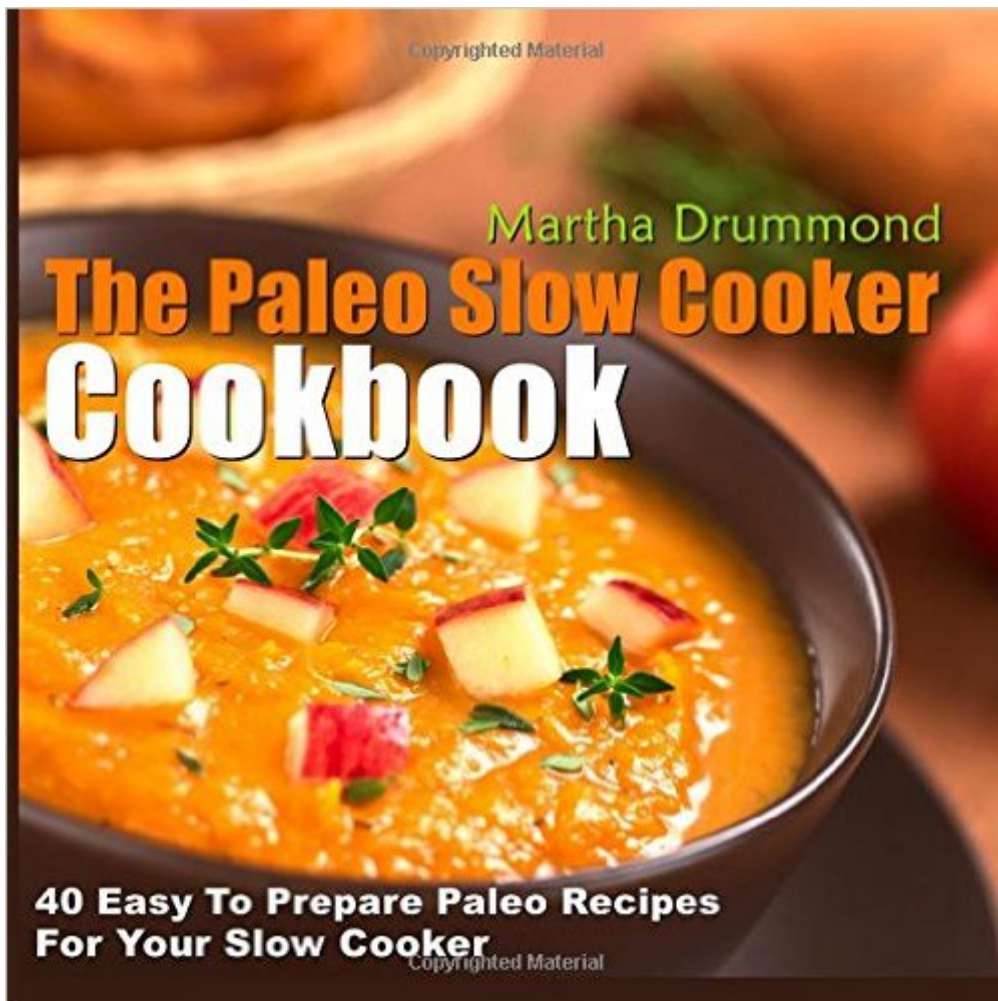


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# The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker



## Synopsis

The Paleo Slow Cooker Cookbook: 40 Easy To Prepare Paleo Recipes For Your Slow Cooker Are you tired of spending all your time slaving away in the kitchen trying to whip together delicious paleo recipes? If so, you need to get out your slow cooker. Using a slow cooker can save you a whole lot of time while allowing you to fix tasty, healthy paleo recipes for the whole family. Whether you are looking for main dish recipes, easy breakfast ideas or the perfect paleo desserts, you will find all the best paleo slow cooker recipes in this paleo slow cooker cookbook. Along with great paleo slow cooker recipes, you will also find some great slow cooker tips that you can use to make the most of your slow cooker, ensuring that your recipes turn out wonderfully when you make them. Recipes included in The Paleo Slow Cooker Cookbook:

- Paleo Egg and Sweet Potato Breakfast Pie Slow Cooker Recipe
- Paleo Bacon and Blueberry Slow - Cooker Breakfast Carnitas
- Paleo Jamaican Jerk Slow Cooker Chicken Wings
- Paleo Buffalo Slow Cooker Hot Wings
- Paleo Meatballs and Spaghetti Squash Slow Cooker Recipe
- Paleo Asian Inspired Pepper Steak Slow Cooker Recipe
- Paleo Chicken Tikka Masala Slow Cooker Recipe
- Paleo Beef and Garlic Slow Cooker Stew
- Paleo Chicken Enchilada Slow Cooker Stew
- Paleo Sweet Potato Shepherd's Pie Slow Cooker Casserole
- Paleo Pizza Bowl Slow Cooker Casserole
- Paleo Apple and Pear Sauce Slow Cooker Recipe

and many more! Get ready to start using your slow cooker more than ever while cooking up taste bud tempting dishes that you will enjoy making repeatedly. Get your copy of The Paleo Slow Cooker Cookbook right now.

## Book Information

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## Customer Reviews

Every time I read more about the Paleo diet I learn something new and this book delivered even more. Great recipes and nicely laid out and each recipe is well presented with good instructions. If you love the slow cooker and a Paleo diet this will serve you well. It even has breakfast and desert recipes you can make in a slow cooker!

Frankly, I've seen hordes of Paleo recipe books come and go and I didn't expect much from this one but as it turns out this one's a keeper! From the cover, it looks professional and this impressions remains until the last page. The selection of recipes is Brilliant! What more could an avid Paleo Dieter want? As far as the writing is concerned its is lucid and the instructions are easy to implement and measurement of ingredients is precise. If you are looking for a great Paleo recipe book, this one hits a home run with a diverse collection. My advice would simply be, go get it.

This book absolutely lives up to expectations; The recipes for slow cookers are innovative and delicious, and include a sampling of lunch, breakfast, dinner and desert recipes. It also contains a more brief introduction to the Paleo diet than other cookbooks. In addition one major perk to this product, is that it does not use many of the hard-to-come-by Paleo Ingredients, save for coconut flour. The only shortcoming of this book is that it lacks pictures of the recipes, which is important to me when selecting a meal.

This is a great cookbook- the recipes are "normal" type of food that my family actually eats. I have a plethora of paleo cookbooks that are wonderful and this one will take its place with them. Some paleo cookbooks have too many unusual ingredients which require a trip to too many specialty stores to find. Not this one. And, I have tried 3 recipes so far and they have all been hits with my family, including the kids! This cookbook, although it does not have pictures, meets my 2 criteria for a great slow cooker cookbook: ingredients that are generally available at a normal grocery store, and fairly easy to put together in a busy morning. I have another slow cooker cookbook which, while having tasty recipes, has so many complicated steps that would take me an hour to complete. That defeats the purpose of a slow cooker to me- I don't have an hour in the morning to chop, dice, brown, caramelize and so forth. The recipes in this cookbook will fool your guests into thinking that you must have come home from work early to prepare such a great meal!

The proof of a recipe book is in eating the results of the recipes. The food I made using this book tasted as good as it looked in the books pictures. It's not one of those books with lovely pictures and awful recipes. What I liked about this book is that it not only serves as a recipe book but it teaches the reader about the nutrition. I learnt the most important foods I should include in my paleo diet and why I should include them. My favorite recipes from the book are the breakfast recipes, especially the first one

I'm a little disappointed in the cookbook, lots of recipes just say "paleo bbq sauce, or paleo ketschup" etc I thought it would be a bit more like cooking with natural ingredients & making those products. Leaves me with the burden of finding them in my area.

This is the book I've been looking for. I am trying to change my lifestyle and would like to eat healthier too. I've been trying to find a right diet for me but I'm so busy and I don't have enough time to cook. This book seems like a perfect solution for me. I've heard a lot about the paleo diet but didn't really know what it was about. This book explains the diet very well and now I am totally convinced that it will be right for me. The book also solves my other problem: lack of time for cooking. I haven't used slow cookers before and again I'm totally convinced that using slow cookers is a great solution. The book gives 40 delicious recipes for slow cookers. It seems so easy. Just put all ingredients in the cooker, leave it for a few hours and do other tasks. When you come back the meal is done. Perfect solution for all busy people. Now is the time to get a slow cooker and start eating healthy. I recommend this book to every busy person or to someone who doesn't like to cook.

I ordered this for my son-in-law who was diagnosed with Crohn's disease. Eating gluten free and as healthy as possible is important in keeping him healthy and since he is so busy I thought recipes for a crockpot would be helpful. They are and he is thrilled!

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