



Paleo Slow Cooking for Two: 40 Easy and Healthy Paleo Recipes for a Crockpot or Slow Cooker, Plus Cook Time and Calorie Count (Paleo Diet & Cooking for Two)

Eva Mehler

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Eat and Live Healthy for Two: Paleo Slow Cooking for Two

Are you trying to live healthier by following the Paleo way of cooking and eating? Have you ever made and followed recipes and end up having tons of leftovers because your aim was to cook for two? Do you feel that you are too novice to make delicious dishes using your crockpot or slow cooker?

If you have answered “Yes” to all these questions, then this book is definitely for you! This is Paleo cooking in its most worry-free and fool proof way!

Paleo cooking using a crockpot or slow cooker can be both exciting and challenging. But with the help of this book, you can start recreating and even coming up with your own Paleo recipes using this cookware with utmost confidence.

And not just that, inside you will learn:

- The reason why you should go for a Paleo lifestyle
- 40 delicious, healthy and completely Paleo recipes that you can cook using a slow cooker.
- Recipes that help you prepare your food ahead of time.
- How to reduce recipe servings or yields to suit your need to cook for just two people.
- And so much more

Bring out your slow cooker and get ready to be the star of the kitchen and the dinner table with these amazingly easy Paleo recipes!

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Why don't make it to be your habit? Right now, try to ready your time to do the important take action, like looking for your favorite publication and reading a e-book. Beside you can solve your short lived problem; you can add your knowledge by the publication entitled Paleo Slow Cooking for Two: 40 Easy and Healthy Paleo Recipes for a Crockpot or Slow Cooker, Plus Cook Time and Calorie Count (Paleo Diet & Cooking for Two). Try to face the book Paleo Slow Cooking for Two: 40 Easy and Healthy Paleo Recipes for a Crockpot or Slow Cooker, Plus Cook Time and Calorie Count (Paleo Diet & Cooking for Two) as your friend. It means that it can to be your friend when you sense alone and beside regarding course make you smarter than in the past. Yeah, it is very fortunated for you. The book makes you far more confidence because you can know every little thing by the book. So , let me make new experience and knowledge with this book.

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Joe Bell:

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Elliott Preciado:

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