

PALEO SLOW COOKER

Cookbook That Will Make
Your Life Easier



**PALEO DIET RECIPES THAT ARE HEALTHY
AND SO DELICIOUS**

BY ALLIE ALLEN

Paleo Slow Cooker Cookbook Paleo Diet Recipes

Karen S. Frazier



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on this cookbook because it has you covered You will find everything you ever wanted ranging from chicken to beef pork lamb and much more in this book THE PALEO SLOW COOKER DIET COOKBOOK makes it easier living the Paleo lifestyle It is a collection of all natural unprocessed and gluten free foods This book will take you by the hand and lead you on the right path on which food every human are meant to eat You will find THE PALEO SLOWCOOKER COOKBOOK fit for modern busy people who want to eat the right way Additionally with THE PALEO CROCKPOT RECIPES you will finally be able to create Paleo meals that are delicious on a low budget and kid friendly for the whole family Few of the recipes you might want to try out Casein Free Crockpot Frito Pie Gluten Free Crockpot Breakfast Casserole Slow Cooker Queso Chicken Chili Recipe Slow Cook Thai Chicken Best BBQ Crock Pot Chicken Coconut Green Chili Chicken Soup dairy and gluten free Crock Pot Chicken Tortilla Soup Rosemary Lemon Garlic Lamb with Sweet Potato Noodles Super Easy Crock Pot Spaghetti Squash Curry Slow Cooker Chicken Roll Ups with Prosciutto and Asparagus Slow Cooker Super Fast Meatloaf Roasted Red Pepper Sweet Potato Soup Slow Cooker Korean Style Beef Short Ribs Slow Cooker Creamy Italian Chicken CROCK POT CASHEW CHICKEN Asian Slow Cooked Pork CHICKEN PUMPKIN SOUP Buffalo Chicken Lettuce Wraps Gluten Free Dairy Free Crock Pot Swedish Meatballs Moroccan Style Slow Cooked Lamb Paleo Thai Soup Crockpot Turkey Chili Slow Cooker Bean less Chili gluten free bean free dairy free option Now you can enjoy the superior health benefits of the Paleo diet with the convenience of your slow cooker and do not waste another minute because delay is dangerous [Paleo Slow Cooker Cookbook](#) Caren Warren,2016-12-27 Learn how to create easy delicious Paleo Slow Cooker meals Discover book Paleo Slow Cooker Cookbook Easy and Delicious Paleo Recipes for Your Slow Cooker by Caren Warren Today only get this Kindle book for just 0 99 Regularly priced at 9 99 Read on your PC Mac Smartphone tablet or Kindle device Is There Some Magic Way To Make The Best Meal You Have Ever Tasted Absolutely Start Your Next Dinner Get ALL the amazing ideas recipes today and create the perfect homemade food Here s the real kicker The Paleo Slow Cooker Cookbook is a 1 Most Exclusive Recipe Book Ever 1 Unlike other cookbooks guidance and recipes this Book has been created to focus on Paleo diet Slow Cooker Techniques and The Most Explosive Flavors You ll Never Guess What Makes These Recipes So Unique Love healthy food Here s the great news for you SLOW COOKER Paleo Food has not only stood the test of time but has been scientifically proven to work Given the fresh nature of the ingredients compounded with low temperature while cooking them The end result is a nutritious meal engrossed with natural juices You only protect what you want to keep It s your God given right to eat but consider protecting your health A healthy body translates to a healthy life Garbage in translates into garbage out A human body has an inbuilt mechanism of communicating with us It s up to you to choose Whether you re looking for a beginner s guide or just trying to get mouth watering recipes you ll be inspired to start cooking Umm what now Satisfaction is 100% GUARANTEED 2016 All Rights Reserved Tags Paleo Paleo diet recipes Slow Cooker Recipes Paleo Slow Cooker Crock Pot recipes healthy food recipes Paleo Crock Pot **Paleo Slow Cooker** Valerie Childs,2015-04-14 The Ultimate Paleo Slow Cooker Book ALL IN

ONE Paleo Slow Cooker Cook Book Paleo Slow Cooker Recipes Paleo Slow Cooker Meal Plans PLUS Each Recipe INCLUDES NUTRITIONAL FACTS BONUS Paleo Slow Cooker Shopping List DON T MISS OUT ON THIS Here Is A Sneak Peak Attn FREE BONUS INSIDE Quick Easy and Simple Paleo Diet Overview Discover What Foods Are Acceptable on the Paleo Diet Tips and Tricks for the Ultimate Slow Cooker Meals Pork and Lamb Paleo Recipes Beef Paleo Recipes Chicken and Turkey Paleo Recipes Fish and Seafood Paleo Recipes Duck Paleo Recipes Vegetable Paleo Recipes Warm Dessert Paleo Recipes The Best GO TO Easy to Use Paleo Shopping List Much much more Want free books Go here <http://fatlosswithpaleo.com> Learn the weight loss secrets to hundreds of thousands of people worldwide Hundreds of thousands of people worldwide have applied themselves to the Paleo eating habits and have experienced new levels of energy weight loss and becoming more immune to various diseases Are you ready to jump on the Paleo train just yet I m guessing you re at least CURIOUS since you re reading the description of this book Okay before you decide let me tell you what this book will help you with Have you ever struggled to lose weight because you couldn t stick to a diet or you re tired of lacking energy all the time or simply want to get rid of all the processed foods in your diet and don t know how to go about it If that s you then I ve got good news for you This book will be your guide in fixing the MOST Delicious Mouth Watering Paleo Approved Slow Cooker meals EVER I will ask you this Please write about your successes in the review section so other people that are in doubt can take a leap of faith and invest in their health like you did plus by you giving reviews you actually help me reaching out to more people with this information Yours in health Valerie Childs<http://fatlosswithpaleo.com> c Great Reads Publishing 2015 All Rights Reservedtags paleo slow cooker paleo slow cooker cookbook paleo slow cooker recipes paleo slow cooker for beginners paleo paleo diet paleo recipes paleo cookbook paleo diet cookbook paleo diet recipes weight loss with paleo weight loss diet detox diet dash diet mediterranean diet paleo meal plan paleo cooking fat loss with paleo fat loss diabetes anti inflammatory diet **Paleo Slow Cooker Cookbook** Caren Warren,2017-01-28 Learn how to create easy delicious Paleo Slow Cooker meals Discover book Paleo Slow Cooker Cookbook Easy and Delicious Paleo Recipes for Your Slow Cooker by Caren Warren Today only get this Kindle book for just 0 99 Regularly priced at 9 99 Read on your PC Mac Smartphone tablet or Kindle device Is There Some Magic Way To Make The Best Meal You Have Ever Tasted Absolutely Start Your Next Dinner Get ALL the amazing ideas recipes today and create the perfect homemade food Here s the real kicker The Paleo Slow Cooker Cookbook is a 1 Most Exclusive Recipe Book Ever 1 Unlike other cookbooks guidance and recipes this Book has been created to focus on Paleo diet Slow Cooker Techniques and The Most Explosive Flavors You ll Never Guess What Makes These Recipes So Unique Love healthy food Here s the great news for you SLOW COOKER Paleo Food has not only stood the test of time but has been scientifically proven to work Given the fresh nature of the ingredients compounded with low temperature while cooking them The end result is a nutritious meal engrossed with natural juices You only protect what you want to keep It s your God given right to eat but consider protecting your health A healthy body translates to a healthy life Garbage in translates into garbage

out A human body has an inbuilt mechanism of communicating with us It s up to you to choose Whether you re looking for a beginner s guide or just trying to get mouth watering recipes you ll be inspired to start cooking Umm what now Satisfaction is 100% GUARANTEED c 2016 All Rights Reserved Tags Paleo Paleo diet recipes Slow Cooker Recipes Paleo Slow Cooker Crock Pot recipes healthy food recipes Paleo Crock Pot **Paleo Slow Cooker Cookbook** Shon Brooks,2017-12-18 Easy and healthy recipes for your slow cooker **Paleo Slow Cooker** John Chatham,2013-03-01 If you are looking for recipes that can be quickly thrown together on a busy or low energy day you won t regret picking up Paleo Slow Cooker the wide selection of recipes will certainly help you get the most out of your appliance The Paleo Mom Whether you are trying to lose weight or just want to cut out processed foods and gluten from your diet the Paleo lifestyle is a perfect way to do it But finding the time to plan and prepare Paleo friendly meals can be challenging Using the convenience of your slow cooker the New York Times bestselling Paleo Slow Cooker serves up healthy and hearty meals with the added bonus of saving you time in the kitchen The Paleo Slow Cooker is your guide to preparing easy delicious and healthful recipes 75 Easy to Follow Recipes that are 100% Paleo friendly and gluten free Helpful Tips to make a quick transition to Paleo slow cooking An Essential Overview on the basics of living a Paleo and gluten free lifestyle Recipes in the Paleo Slow Cooker cookbook include Vegetable Frittata Herbed Meatballs Slow Cooked Baba Ganoush Garden Vegetable Soup Southwestern Beef Brisket Vegetable Curry Toasted Coconut Bread and much more The Paleo Slow Cooker is your quick start guide to slow cooking Paleo style Paleo Slow Cooker Cookbook ***Color Edition*** Sarah Spencer,2017-10-13 Simplify your life with easy to prepare Slow Cooker one pot meals created specifically for the paleo diet COLOR EDITION The Paleo diet follows the diet of our prehistoric ancestors when agriculture and food processing did not exist After thousands of years since the Paleolithic Period the human body has still not adapted grains cereals and processed food resulting in all types of diseases To follow a Paleo diet means you limit your meals to meat fish nuts herbs seeds spices vegetables as well as seasonal fruit and natural oils Processed food grains legumes dairy processed oils and sweeteners are to be avoided This incredibly simple diet provides your body with increased energy more vitality and focus weight loss less body inflammation improved your overall health and many more health benefits The Paleo diet has become very popular with many attesting to its simplicity as well as its effectiveness However some mistakenly think that following this diet means going back to the cave man style of food preparation that is cooking meat over fire Fortunately it is possible to effectively follow a Paleo diet without doing away with modern conveniences We have the advantage of using modern technology to provide the benefits that our prehistoric ancestors were not lucky enough to enjoy By slow cooking we can extract all the goodness flavor and nutrition from meat bones and cartilage meaning that we can get all the great stuff in concentrated form as broths and savory dishes Whatever type of Paleo diet you are following you are sure to find a recipe in this cookbook to suit your needs You can mix and match recipes to come up with satisfying combinations for each meal of the day Inside you ll find Introduction to the paleo diet the

ingredients used and to how the slow cooker makes things even better Easy to prepare breakfast recipes such as the Wholesome Breakfast Casserole and the Breakfast Cake Nutritious poultry recipes such as the Greek Stuffed Chicken Breasts the Slow Cooked Turkey Thighs with Peach Sauce or the Crispy Duck Bountiful pork beef and other meats recipes like the Luau Pork the Hungarian Style Beef Stew and the Lamb Curry Delightful seafood and fish recipes like the Citrus Cilantro Fish Tacos and the Cioppino Portuguese Fisherman s Stew Tasty sides and vegetarian recipes such as the No Bean Vegetable Chili Sweet Potato Puree and the Mushrooms in Herb Sauce Satisfying desserts like the Blueberry Crisp and the Paleo Chocolate Chip Squares Let s start cooking healthy meals Scroll back up and order your copy today **Paleo Slow Cooker Cookbook** Sarah Spencer,2017-10-12 Simplify your life with easy to prepare Slow Cooker one pot meals created specifically for the paleo diet BLACK AND WHITE EDITION The Paleo diet follows the diet of our prehistoric ancestors when agriculture and food processing did not exist After thousands of years since the Paleolithic Period the human body has still not adapted grains cereals and processed food resulting in all types of diseases To follow a Paleo diet means you limit your meals to meat fish nuts herbs seeds spices vegetables as well as seasonal fruit and natural oils Processed food grains legumes dairy processed oils and sweeteners are to be avoided This incredibly simple diet provides your body with increased energy more vitality and focus weight loss less body inflammation improved your overall health and many more health benefits The Paleo diet has become very popular with many attesting to its simplicity as well as its effectiveness However some mistakenly think that following this diet means going back to the cave man style of food preparation that is cooking meat over fire Fortunately it is possible to effectively follow a Paleo diet without doing away with modern conveniences We have the advantage of using modern technology to provide the benefits that our prehistoric ancestors were not lucky enough to enjoy By slow cooking we can extract all the goodness flavor and nutrition from meat bones and cartilage meaning that we can get all the great stuff in concentrated form as broths and savory dishes Whatever type of Paleo diet you are following you are sure to find a recipe in this cookbook to suit your needs You can mix and match recipes to come up with satisfying combinations for each meal of the day Inside you ll find Introduction to the paleo diet the ingredients used and to how the slow cooker makes things even better Easy to prepare breakfast recipes such as the Wholesome Breakfast Casserole and the Breakfast Cake Nutritious poultry recipes such as the Greek Stuffed Chicken Breasts the Slow Cooked Turkey Thighs with Peach Sauce or the Crispy Duck Bountiful pork beef and other meats recipes like the Luau Pork the Hungarian Style Beef Stew and the Lamb Curry Delightful seafood and fish recipes like the Citrus Cilantro Fish Tacos and the Cioppino Portuguese Fisherman s Stew Tasty sides and vegetarian recipes such as the No Bean Vegetable Chili Sweet Potato Puree and the Mushrooms in Herb Sauce Satisfying desserts like the Blueberry Crisp and the Paleo Chocolate Chip Squares Let s start cooking healthy meals Scroll back up and order your copy today *Paleo Slow Cooker Cookbook* Rosemary King,2020-09-17 When it comes to cooking do it slow means do it better A slow cooker is one of the best ways to improve your Paleo diet Tastier You bet With basic ingredients

such as meat vegetables greens this cookbook will transform the way you cook and the way you eat The slow cooker will cook while you work the only secret here is to make the right preparations This cookbook has got you covered with 500 recipes suggesting the regular ingredients one can find in any supermarket The benefits of slow cooking and the Paleo diet are numerous Combined they give you Recipes that take no more than half an hour to prepare Perfectly cooked meat even the non expensive cuts Satisfying desserts and timely breakfasts Meals for one and for the company Hearty nutritive main dishes that even the pickiest eaters will love There is so much more about the slow cooker than cooking itself It s one of the best options to keep yourself well fed while working and know for sure that you re doing your Paleo the right way Fuss free and healthy Paleo cooking becomes more accessible than ever with this slow cooker for beginners and pros Rely on traditional recipes and discover modern takes on classical cooking Elaborate and simple quick and enjoyable make your choice and get cooking because this cookbook knows how and now you do too

Paleo Slow Cooker Recipes: Quick and Easy Slow Cooker Recipes With Paleo Diet Soni Smith,2017-03-04 Going on a paleo diet is easier said than done It requires courage and the ability to understand dieting does not mean you are limited in what you can eat These wonderful paleo recipe book will showcase how to create high quality slow cooker meals right at home Soni Smith provides high quality paleo friendly recipes in this great paleo slow cooker cookbook

Paleo Slow Cooker Cookbook Shon Brooks,2017-08-16 Who wouldn t like to have a one pot meal in which you just need to dump all the ingredients together which cooks by itself while you do your household chores Time is precious this book has a superb assortment of one pot meal that ranges from Honey Chili Turkey to Butternut Squash Spaghetti with Vegetable Sauce proving that you don t need to exhaust yourself to cook a delicious meal Here are 25 of the finest and delicious Paleo Slow Cooker Crock Pot recipes to satisfy your stomach We all aware of the fact that slow cooking is the key to pull off maximum flavor and perfect texture out of any meat or vegetable you want to cook With a slow cooker it doesn t matter what part of meat you are putting in everything turns soft and tender to precision The effortlessness of filling up turning on the pot and spending your whole day outside without worrying that your food might burn The health benefits of Paleo diet have been proved by many major studies This is a popular trend nowadays just like the low carb diet It is merged with famous slow cooking While the ancient human beings didn t have crock pots slow cooker they undoubtedly used the technique of slow cooking over a fire which brings the recipes in this book a step closer to the foundation and theory of Paleo diet Under the cover you ll find 25 top Paleo recipes for Slow Cooker Breakfast Main dishes Side dishes Desserts Snacks Get you copy now

Paleo Slow Cooker Cookbook Shon Brooks,2017-08-10 Slow cooking is the future in the kitchen It s an easy and healthy way to get your meals done If you really want to use your slow cooker in a healthy way then try using it to make Paleo dishes Following a Paleo diet you will become a healthier and happier person The Paleo diet is one of the easiest and simple ones to follow It brings you so many health benefits and it will help you lose weight in no time A Paleo diet means you have to eat more Veggies Nuts And Fruits In addition you can eat Poultry Seafood Fish

Meat Seeds and Healthy Oils This next recipe collection is all about Paleo slow cooking You will learn how to make some impressive Paleo slow cooked recipes Under the cover you ll find 100 amazing recipes for Breakfast Lunch Sides Dinner Desserts Seafood Snacks Meat Poultry What are you waiting for Get your copy and start cooking **Paleo Slow Cooker Recipes** Daisy Williams, 2014-07-04 Hunt Gather Slow Cook Break out the slow cooker and start enjoying healthy meals without fussing and slaving over a hot stove The Paleo Diet is the back to basics diet plan that is simple to follow because it is based on the food groups of natural and unprocessed foods that our ancestors ate all of the time If you can hunt fish or gather it it s very likely included in the Paleo Diet plan What you won t find is dairy refined sugar grains or heavily processed prepared foods Using a slow cooker to create the recipes in this book will save you time and dollars because slow cooking makes it easier to utilize less expensive cuts of meat You ll basically be shopping around the perimeter of the supermarket selecting lots of delicious fruits vegetables meats poultry nuts and fish You ll notice that weight management gets easier because you ve eliminated the empty calories found in addictive heavily processed foods that are not only damaging to your health but to your wallet as well o Delicious slow cooker breakfast recipes o 10 no fuss slow cooker lunch or dinner recipes o Slow cooked desserts to naturally satisfy your sweet tooth As you start to experiment with these recipes you will quickly notice that you re not missing the dairy or grain products you thought were indispensable Simple substitutions such as using olive oil in place of butter or filling up on fiber rich sweet potatoes instead of refined starches will leave you feeling satisfied and less likely to binge on empty calorie snacks Before long it will become second nature to reach for fruit instead of a rich dessert when you hunger for something sweet The delicious recipes in the Paleo Slow Cooker Recipes The Best Paleo Diet for Your Slow Cooker will effortlessly tempt you away from the heavily processed foods currently dominating the modern family s menu [The Complete Paleo Slow Cooker](#) Karen S. Frazier, 2016 *30 Day Paleo Diet Slow Cooker Recipe Cookbook* Ceps Weston Domingo, 2014-02-01 Paleo and slow cooking go hand in hand because they both yield healthy and delicious food without much hassle and without sacrificing taste at all It s simple and easy to cook your Paleo food in a crock pot and this book is designed to show you how it s done It contains 30 Paleo recipes suited for your crock pot split in 5 chapters breakfast main dishes based on three types of meat and dessert to finish off your meal on a high note The idea behind this book is that combining any of these recipes you can make up a full Paleo menu for various days in a row Plus don t forget that no recipe is set to stone and you can customize them all and make them your own creations by changing ingredients and removing or adding spices and herbs All 30 recipes are healthy and delicious and only use ingredients that actually bring some nutrients into our system from lots of vegetables to fiber loaded flours for dessert So put your apron on and get cooking because healthy and skinny doesn t mean no food but eating as healthy as possible and in moderation And Paleo diet in a slow cooker offers you precisely that healthy cooked food loaded with flavors and without hassle or special cooking skills Can it be easier than that [Paleo Slow Cooker Cookbook](#) Jasmine King, 2016-09-10 Paleo Slow Cooker Cookbook If you want to

enjoy healthy meals lose weight but don't have enough time to cook Paleo Slow Cooker Cookbook is the best book for you Many people turn to the Paleo diet as a way to help them live a healthier life The Paleo diet takes you back to the days of our primitive ancestors who did not have to worry about chronic diseases such as obesity and diabetes That's because they ate whatever they found foods that were naturally abundant This book has just made following the Paleo lifestyle a whole lot easier By reading this book you will learn Tips to enjoy the remarkable health benefits of the Paleo diet along with the convenience of a slow cooker 25 Best Paleo slow cooker recipes for breakfast lunch and dinner These easy and delicious recipes will be made in a slow cooker while you go to work or take care of other important business These Paleo meals will give your body the energy and nutrients it needs to live a healthy and productive life Order Paleo Slow Cooker Cookbook now TAGS paleo slow cooker paleo slow cooker cookbook Paleo slow cooker recipes Paleo cookbook slow cooker recipes paleo slowcooker paleo crock pot cookbook Paleo Slow Cooker Cookbook Angela Wilson,2023-12-12 Welcome to Paleo Slow Cooker Cookbook Struggling to maintain healthy eating habits in your busy life Want the taste of comfort food without sacrificing your commitment to the paleo lifestyle Stop looking Paleo Slow Cooker Cookbook is your answer In this thoughtful cooking guide author Angela Wilson offers solutions to the problems many people face when trying to adopt a Paleo diet With a deep understanding of the struggles we face every day Angela Wilson has created a series of recipes that not only follow Paleo principles but also highlight the convenience and rich flavor of slow cooking Are you short on time and energy after a long day Experience the magic of easily cooking nutritious meals in your slow cooker From hearty stews to succulent seafood and delicious desserts this book offers a variety of recipes to satisfy your taste buds while taking care of your health What makes the Paleo Slow Cooker Cookbook special The biggest advantage Save time Say goodbye to the stress of last minute cooking We provide 30 recipes designed to fit seamlessly into your busy lifestyle making it easy to enjoy delicious home cooked Paleo meals Healthy Choices Harness the power of natural unprocessed foods Each recipe is carefully crafted to help you maintain a clean eating lifestyle while enjoying every bite Flavor Explosion Enjoy a symphony of flavors as our recipes combine a variety of herbs spices and fresh ingredients to create unforgettable dishes that will make your taste buds dance CONVENIENCE AND VERSATILITY Whether you're a seasoned chef or a cooking novice our recipes provide clear easy to follow instructions so everyone can enjoy delicious Paleo meals Paleo Slow Cooker recipes are perfect for Individuals and families looking for a convenient way to follow the Paleo diet Busy professionals strive to maintain a healthy lifestyle Cooking lovers want to explore new delicious recipes Anyone who wants to improve their overall health by choosing a diet Meet Danielle a working mother of two with a demanding job Her desire to follow the Paleo diet often conflicts with her busy schedule She has experienced increased energy improved digestion and a newfound sense of well being while enjoying delicious carefree meals Join Danielle and countless others as they discover the secrets to a healthy fulfilling paleo life Take action today with The Paleo Slow Cooker Cookbook and enjoy the benefits of a lifestyle that nourishes your body mind and

spirit one delicious meal at a time Order a copy now for a better health T **Complete Paleo Slow Cooker Cookbook**
Maya J Thompson, 2024-08-02 Our Paleo Slow Cooker Cookbook offers a variety of delicious high protein gluten free recipes Each dish is crafted to help you enjoy whole foods effortlessly ensuring a nutritious and satisfying meal every time This cookbook is your ultimate guide to creating healthy gluten free meals using your crock pot With a focus on high protein and whole food recipes it s perfect for anyone looking to maintain a nutritious paleo diet with ease Types of Recipes in the Paleo Slow Cooker Recipe Book Appetizers Snacks Delight in mouth watering paleo friendly starters that are easy to prepare and perfect for any occasion Breakfast Start your day with wholesome high protein breakfast recipes that keep you full and energized Soups Stews Enjoy hearty and comforting soups and stews made with nutritious whole food ingredients Main Dishes Savor delicious and satisfying main courses that are perfect for lunch or dinner Side Dishes Complement your meals with flavorful side dishes that are both healthy and paleo friendly Sauces Condiments Enhance your dishes with tasty and versatile sauces and condiments Desserts Indulge in guilt free desserts that are as healthy as they are delicious What the Paleo Slow Cooker Cookbook Includes Excellent Layout Easy to follow format with clear sections and beautiful photos for every recipe Clear Instructions Step by step guidance to ensure your cooking process is smooth and hassle free 120 Paleo Slow Cooker Recipes A wide variety of recipes to keep your meals interesting and diverse Broad Recipe Categories From breakfast to desserts find recipes for every meal of the day Easy to Make Recipes Simple recipes that don t require extensive cooking skills or hard to find ingredients Fit for Beginners Advanced Suitable for both novice cooks and experienced chefs Easy to Navigate Organized structure to help you quickly find the recipe you need Transform your meal times with this comprehensive guide to paleo slow cooking Whether you re new to paleo or a seasoned enthusiast this cookbook makes healthy eating simple and enjoyable Buy the Complete Paleo Slow Cooker Cookbook today and start your journey to a healthier lifestyle

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