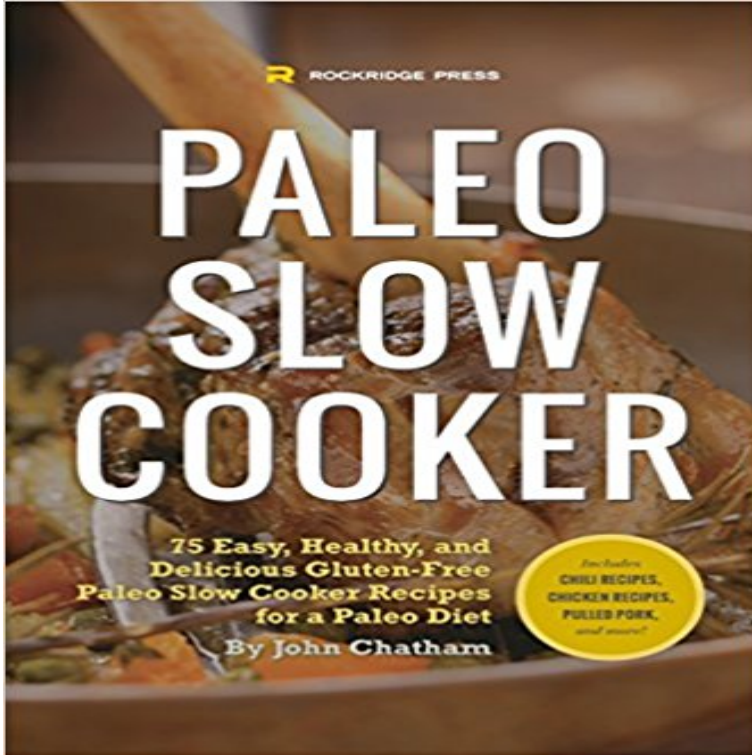


Paleo Slow Cooker: 75 Easy, Healthy, and Delicious Gluten-Free Paleo Slow Cooker Recipes for a Paleo Diet



NEW YORK TIMES BESTSELLER

Living the Paleo lifestyle just got easier with Paleo Slow Cooker. Now you can enjoy the superior health benefits of the Paleo diet with the convenience of your slow cooker. The Paleo diet consists of all-natural, unprocessed, and gluten-free foods. It's the way humans were meant to eat. The slow cooker and the Paleo diet are a perfect pairing for modern, busy people who want to eat right. Paleo Slow Cooker is your guide to preparing easy, delicious, and healthful recipes: Create classics such as Slow Cooker Paleo Pot Roast and Garden Vegetable Soup, and new taste sensations like Tahini Chicken with Bok Choy and Zucchini Soup Provençal. Choose from a selection of nutritious vegetarian entrees and meat-free soups. Learn dozens of tips to make a quick transition to Paleo slow cooking. All recipes are 100% Paleo-friendly and gluten-free. Paleo Slow Cooker: 75 Easy, Healthy, and Delicious Gluten-Free Paleo Slow Cooker Recipes for a Paleo Diet is your quick-start guide to slow cooking, Paleo-style. For more information on how to make Paleo versions of all your favorite foods, check out the rest of the books in this series, including Paleo Cookies, Paleo Muffins, Paleo Pasta, and Paleo Snacks.

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