



Paleo Slow Cooker for Two: Healthy, Gluten-Free Hands-Off Meals (The Easy Way To Eat Healthy)

Christopher Ward

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Discover Why Over Ten Percent of the U.S. Population Is Going Paleo Are you finally ready to start taking control of your health? The paleo diet is a fad that isn't going away. It has been kicking strong for over two years, and continues to grow in popularity and in recipes. Cooking can be a pain in the butt, but there are ways around this! Personally, spending a bunch of time cooking is not my forte but I love home cooked meals. My friend suggested that I try the slow cooker, and so I purchased one. A week after purchasing it I had already made three different recipes and they all were excellent. I decided to create my own healthy paleo versions of my favorite recipes.

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