



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

John Chatham

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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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