



Paleo: Paleo - Low Carb Slow Cooker Paleo Recipes for Beginners - Weight Loss and Paleo Style

J.S. West

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After Reading this Book You Will Be Excited and Ready to Eat "Like a Caveman" in Your Own Life. The Health and Wellness Benefits Will Be Incredible!

25 of the BEST recipes included

Many people in today's society are unhappy with the state of their health and wellbeing. Some want to lose weight; others have frequent stomach upset that interferes with daily life. Still others have skin problems or emotional irritability that can be easily related to eating foods that are not healthy for the body. Early man did not have these kinds of problems. "Cavemen," as most people refer to them, ate what they could hunt, find, and pluck from the trees. They were fit and not overweight, and were generally quite healthy. The paleo diet is a recent lifestyle based on the overall food consumption of the early man, and the trend is quickly gaining popularity. It has many proven and documented health benefits, including weight loss, improved digestive systems, and increased energy levels without the use of caffeine. This book should serve as a helpful resource for anyone looking to get started on a paleo diet. The first part of the book will explain, briefly, the definition of a paleo diet, what can and cannot be eaten when following a paleo diet, and the items most necessary to keep in stock in a paleo-friendly kitchen. The rest of the book will be devoted to paleo recipes that can be cooked either completely or almost completely in a slow cooker. These recipes will be simple, but tasty, and will be perfect options for those who are just beginning to learn about paleo dieting. A slow cooker is a very easy and affordable option for cooking new recipes and starting a new diet, since the food can be prepared ahead of time and kept warm safely for hours.

This is A Preview Of What You'll Learn...

- After reading this book, you should be able to understand the diet well enough to formulate weekly meal plans and shopping lists on your own, and begin your journey with the paleo lifestyle. Also, a sample weekly meal plan and shopping list will be provided at the end of the book for your use!
- You will be excited and ready to try eating "like a caveman" in your own life. The health and wellness benefits will be incredible!
- an understanding of the paleo diet and its benefits
- what ingredients you need to set up a paleo kitchen
- easy and delicious paleo slow cooker recipes
- sample paleo meal plans
- and much, much more!

Would You Like To Know More? Download your copy today! Take action NOW and download "**Slow Cooker: Low Carb Slow Cooker Paleo Recipes for Beginners - Weight Loss and Paleo Style**" for a limited time discount of only \$2.99! Available on PC, Mac, smart phone, tablet or Kindle device. © 2014 All

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Armando Rodgers:

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Richard Strohm:

What is your hobby? Have you heard which question when you got students? We believe that that problem was given by teacher on their students. Many kinds of hobby, Every person has different hobby. So you know that little person just like reading or as studying become their hobby. You have to know that reading is very important and book as to be the issue. Book is important thing to incorporate you knowledge, except your current teacher or lecturer. You discover good news or update with regards to something by book. A

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