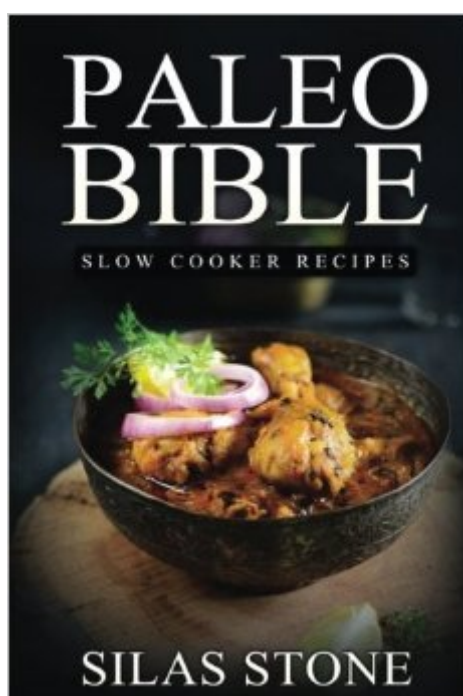


The book was found

Paleo Bible: Paleo Slow Cooker Recipes: Top 160+ Slow Cooker Recipes & 1 FULL Month Meal Plan For Boosting Energy, Healthy Weight Loss & Vibrant Living (The Approved Beginners Paleo Diet Cookbook)



Synopsis

If Delicious Paleo Slow Cooker Recipes are What You Seek, then Look No Further. Why Use a Slow Cooker? Using a Slow Cooker is the Best and Easiest way to save time and still prepare a nutritious Paleo meal. Assemble the meal in the morning, add all ingredients into the Slow Cooker and at the end of the day Viola! Your Primal Dinner is ready without any mess or dishes to clean! By the same token, add one of these delicious breakfast slow cooker preparations before going to bed and wake up to a delightful meal in the morning that can be had as breakfast or brunch. The device requires only a very small amount electricity only to do its work and when compared with a standard oven, a slow cooker uses a lot less energy. And just because you're saving time and money doesn't mean you're sacrificing taste. Vegetables cooked in a slow cooker can absorb stocks, bone broths and spices, giving them fuller flavors. Finally, an easy way to prepare delicious meals without the extra time and effort! Some of the Profound Benefits You will Experience when consuming these Recipes: Accelerated Fat Loss Increase Energy Levels & Vitality Appetite Control Improved Mental Focus Lower Blood Sugar & Cholesterol Hormonal Balance This Book is split up into Three Sections sections: The First covers Simple Paleo Breakfast Slow Cooker Recipes The Second contains Sumptuous Brunch & Lunch Slow Cooker Recipes The Third contains Deliciously mouthwatering Dinner Slow Cooker Recipes The recipes in this book are like no other on the market, and careful attention has gone into pairing the simple yet intricate flavors. Here Is A Preview Of The Easy-to-Prepare Recipes you will find in this book: Pumpkin Pie with Almond Meal Breakfast Sausage and Peppers Mix Omelet Summer Squash Casserole Chives and Bacon Breakfast Omelet Courgette Sausages and Bacon Casserole Breakfast Pizza Crockpot Turkey and Eggplant Braise Smoked Paprika Pork Tenderloin Soupe a L'oignon Crockpot Spinach-Feta Stuffed Chicken Breasts Slow Cooker Ground Beef and Pumpkin Chili Keto Seafood Soup Slow Cooker Lobster Bisque Hungarian Rhapsody Cabbage Stew Braised Apple Cider Pork Keto Peppermint Lamb with Green Beans Keto Seafood Chowder (Crock Pot) Keto Slow Cooker Grouper and Shrimp Soup Mediterranean Keto Monkfish Stew Slow Cooker Lamb with Mushrooms Haricot Who says Paleo meals are difficult to prepare? ... Let this book be your guide as you start your journey to a healthier, happier, fitter and more successful life! ...

Book Information

Series: The Approved Beginners Paleo Diet Cookbook

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Best Sellers Rank: #80,105 in Books (See Top 100 in Books) #97 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Paleo

Customer Reviews

The Paleo BIBLE – © indeed. I really find this book loaded with all Paleo goodness and will surely be helpful and useful for anyone adhering to this diet. The slow cooker recipes given here are so much that one will not have any trouble preparing for a meal for a lot of days. And I think this is important since sticking to a diet is usually hard when one runs out of the required meal to prepare. But I was also looking for some pictures, because a recipe book for me is not complete without the pictures of the recipes. However, the contents can make up for them. This is surely a practical grab.

Success with weight loss and eating healthy food is easy when you have everything mapped out for you. This book will help to stay paleo – even when things get hard. It's simply not enough to want to stay paleo. No, you have to plan for success if you want to see it and meal planning is the best way to make that happen. This book provides meal planning service for 1 full month meal plan that makes staying paleo & healthy oh so simple. Oh, and did I mention how affordable the ingredients are.

Following a weight loss diet and having access to more varied meals is necessary - this cookbook is good - it contains a huge selection of Paleo recipes, very interesting and easy to find something for every taste. What I like most is the fact that there are no processed foods as I hate them. The recipes are 100% Paleo and the author is really creative. I would recommend this cookbook to all my friends who want to lose a few pounds and keep them off.

This book is packed with Paleo diet recipes along with information on paleo diet. This book has meal plan, which helped me designing a customized plan for my family. Each recipe has clear steps and it's easy to follow. I prepared pumpkin pie with almond meal and it was tasty. If you like to follow

paleo diet and looking for varieties of recipes, this is one of the good book.

This is a nice book about the topic Paleo Diet. Through reading this book you will have the clear understanding why paleo diet is so important. This book has a different type of meal plan. This book contains 160 delicious slow cooker recipes. All the recipes look very nice and the instructions are very clear. I really liked the recipes.

This Paleo cookbook is fully loaded with amazing, scrumptious and healthy slow cooker recipes that are best for everyone who follows the Paleo diet. It also informs every reader the benefits of Paleo diet, its origin, the different foods that this diet includes and excludes, etc. If you are looking for slow cooker recipes and you are into Paleo diet, this eBook is fit for you!

This book carries the title of "Paleo Bible." Really, all you will find in this book is very useful and easy to understand. This is followed by excellent book for beginners, because here you will find excellent background on Paleo diet. The book contains a lot of different recipes, and you don't need to invent new recipes - it's all here! My sincere recommendation!

What I love about this book is that there is a whole month diet plan - different recipes everyday which is the most difficult to plan by yourself. Not to mention that the recipes are delicious and everyone can prepare them. Another thing that I like is that at the end of each recipe there are nutrient fact, so you know exactly what your food is consisting of.

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