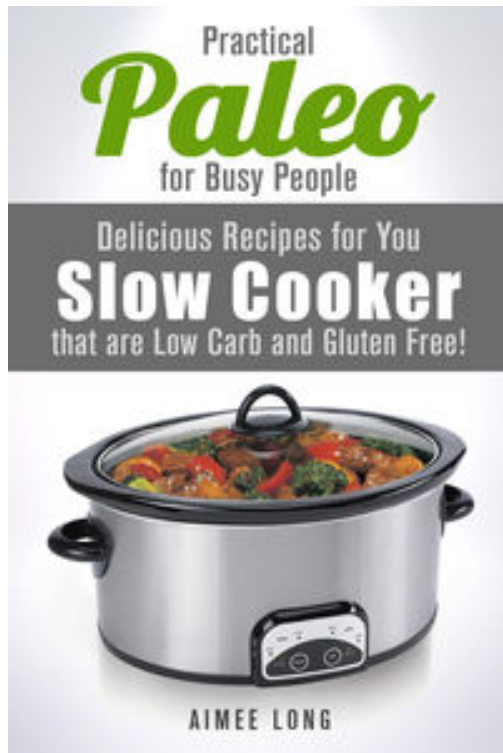


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But, cheer up! This book is the perfect answer to both types of people and for everybody else as well! Your slow cooker is about to become the perfect solution to your new Paleo

lifestyle or a welcome addition to it if you are an old pro by now. Everything from fast and simple breakfasts to elegant dinners and even snacks and desserts is covered here and most will require no more than a few ingredients and a few minutes of hands on time. Your slow cooker will do the rest.

Nearly every recipe that is included here will be not only Paleo-friendly (which means it will be low carb) but gluten free as well so they can be used by people who are not even following a Paleo diet at all. Even better, these are recipes the entire family will enjoy so there will be no need to make separate dishes any more.

Let's get ready to dig in!

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