



Paleo Slow Cooker: 70 Top Gluten Free & Healthy Family Recipes for the Busy Mom & Dad

Samantha Michaels

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Do you want an easy way to cook grain free AND gluten-free meals? Then Samantha Michaels' latest cookbook for slow cooker cooking is just what you are looking for! While a Paleolithic diet has been shown to be very effective for people wanting to lose weight and improve their health, spending time in the kitchen on a daily basis can be difficult. That's why Paleo Slow Cooker: 70 Top Gluten Free & Healthy Family Recipes for the Busy Mom & Dad gives you crockpot recipes to help you find extra time so you can do other things besides cook. In this gluten-free cookbook you will: Discover how to cook really tasty grain free quick breads in your crockpot! . Enjoy recipes featuring beef, chicken, pork, and seafood. See how to make delicious side dishes and snacks. Appreciate the easy-to-follow instructions. So, if you are striving to eat a gluten-free diet and one that is grain free as well, then don't miss out on this cookbook full of terrific slow cooker recipes for the whole family.

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