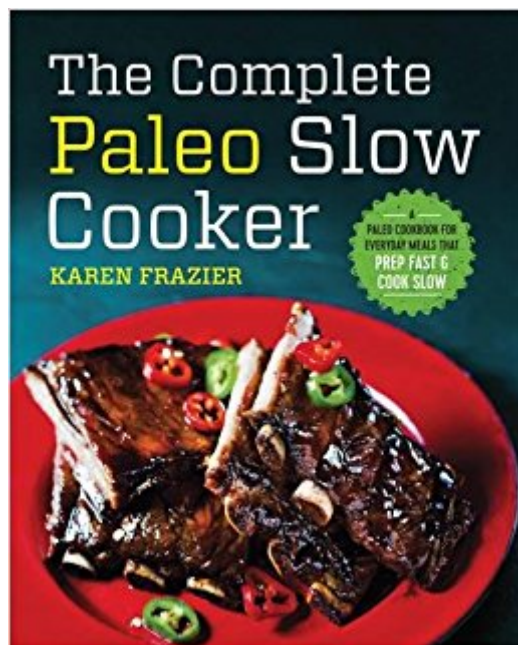




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The Complete Paleo Slow Cooker: A Paleo Cookbook For Everyday Meals That Prep Fast & Cook Slow



Synopsis

All the Paleo Slow Cooker Benefits in Half the Time Favored by home chefs for years, the slow cooker remains a kitchen staple in many homes today — with good reason! Its flexible timing, easy cleanup, and bulk cooking capabilities offer practical solutions to everyday culinary conundrums. Combine these benefits with the healthy principles of a Paleo diet and tasty recipes designed by a top cookbook author, and you have *The Complete Paleo Slow Cooker*. The Paleo slow cooker recipes in this book offer fresh, creative Paleo slow cooker meals that retain the tenderness and richness of your ingredients — all while yielding leftovers for days to come! *The Complete Paleo Slow Cooker* offers more than 150 recipes, bringing the slow cooker back to its simple roots while making it more convenient than ever to eat Paleo whenever you choose! Recipes in *The Complete Paleo Slow Cooker* | Require less than 20 minutes of active prep time Use easy-to-find Paleo slow cooker ingredients — many of which you may already have Apply the “set and forget” principle • prepare your Paleo slow cooker meal and it’s ready 8 to 10 hours later (Bonus: avoid those pesky slow cooking surprises with special labeling for additional prep time) Indicate Lower Sodium (for recipes containing less than 300mg of sodium per serving) or Super Quick Prep (for recipes that require 10 minutes or less of active prep time)

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Customer Reviews

KAREN FRAZIER is a Seattle-based writer who specializes in health, wellness, and nutrition-based restrictive diets. She is the author of the best-selling cookbook *The Hashimoto’s Cookbook* and

Action Plan and DASH Done Slow: The DASH Diet Slow Cooker Cookbook, among others. Karen serves as Health Editor at LoveToKnow.com. Learn more at karenfrazier.com.

Great cook book. We've got a kid now so the slow cooker is the way to go. Cheap and easy. There are a ton of recipes here and the ones we've tried were great and the ones we haven't we're already salivating over. What I like a lot about this book is the simplicity. The simplicity in the ingredients/cooking, and the simplicity in the description. I don't know if it's just me, but whenever I find a popular Paleo blog, I've gotta read through five pages of fluff before getting to the actual recipe. The recipes here are short and sweet. In this book, there's a paragraph about the meal, an ingredients list, the order to throw them in the pot, and calories/fat/protein/etc. That's all. When I'm standing in a hot kitchen, holding a knife with my kid screaming in the next room, the last thing I need is to sift through the author's bloviating while I'm chopping up carrots. Five mother&\$ stars.

This cookbook is perfect for a single adult who is away at work almost every day. Gave this to my adult son for his birthday this year so he can prepare great meals ahead of time and cook them in a slow cooker while he is at work. He said he has heard of the Paleo cooking style and is looking forward to trying out these recipes.

very good recipes, easy to make, common ingredients (you don't have to go hunting at five different stores to find ingredients you never heard of before).

Really easy to use recipes. I've used quite a few already.

My wife and I started down the Paleo way of eating. I Love my food so I decided to purchase this book as a second book. It has such great recipes to use for everything. WE love it.

Love this way of eating

I have tried multiple recipes and most of them are very bland. Every single recipe in the book states to cook the for eight hours on low. All have turned out dry. Very disappointing!!!!

Fast and easy.

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