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## Paleo Slow Cooker Cookbook \*\*\*Color Edition\*\*\*: Easy to Prepare Healthy Crock Pot Paleo Recipes (Paperback)

By Sarah Spencer

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Simplify your life with easy to prepare Slow Cooker one-pot meals created specifically for the paleo diet! \*\*\*COLOR EDITION\*\*\* The Paleo diet follows the diet of our prehistoric ancestors when agriculture and food processing did not exist. After thousands of years since the Paleolithic Period, the human body has still not adapted grains, cereals, and processed food, resulting in all types of diseases. To follow a Paleo diet means you limit your meals to meat, fish, nuts, herbs, seeds, spices, vegetables as well as seasonal fruit, and natural oils. Processed food, grains, legumes, dairy, processed oils, and sweeteners are to be avoided. This incredibly simple diet provides your body with increased energy, more vitality, and focus, weight loss, less body inflammation, improved your overall health and many more health benefits. The Paleo diet has become very popular, with many attesting to its simplicity as well as its effectiveness. However, some mistakenly think that following this diet means going back to the cave-man style of food preparation; that is, cooking meat over fire. Fortunately, it is possible to effectively follow a Paleo...



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