



**Paleo Slow Cooker Recipes: Over 40 Simple and Yummy Gluten Free Paleo Slow Cooker Recipes for a Successful Paleo Diet (Paleo Slow Cooker Books, paleo slow cooker meals, paleo slow cooker soups)**

*Norman Ross*

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If you are considering a healthier eating lifestyle, this book, Paleo Gluten Free Recipes, is the one for you! Learn how to put together a modified Paleo-gluten free diet plan, a back to basics way of eating, that can pump up your energy and help you lose or maintain weight. If you have been feeling sluggish, tired and without energy, your eating lifestyle may be at fault. This booklet offers valuable information regarding gluten-free and Paleo eating styles, shows how to combine the two plans, and offers thirty days of yummy meals for you and your family.

The Paleo diet has also been called the “caveman” diet because it is based on foods that ancient hunters and gatherers consumed. Foods that are high in protein, vitamins and minerals like lean meats, nuts and berries. Gluten-free refers to a diet in which gluten – specifically wheat – is eliminated from the diet. Let’s take a look at both Paleo and gluten-free diets, and see how to combine them into a new healthy eating lifestyle.

### **In this booklet you will learn:**

- What is a gluten-free diet?
- Listing of gluten-free foods
- What is a Paleo diet
- Combining the Paleo and gluten-free diets
- Paleo-gluten-free recipes to start your new, healthy diet - breakfasts, lunches and dinners that will energize you
- Paleo-gluten-free snacks and even desserts

## **Getting Your FREE Bonus**

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#### **Madeline Edwards:**

What is your hobby? Have you heard that question when you got college students? We believe that that

question was given by teacher on their students. Many kinds of hobby, All people has different hobby. And you know that little person including reading or as examining become their hobby. You need to know that reading is very important along with book as to be the thing. Book is important thing to incorporate you knowledge, except your own teacher or lecturer. You see good news or update about something by book. Numerous books that can you decide to try be your object. One of them is actually Paleo Slow Cooker Recipes: Over 40 Simple and Yummy Gluten Free Paleo Slow Cooker Recipes for a Successful Paleo Diet (Paleo Slow Cooker Books, paleo slow cooker meals, paleo slow cooker soups).

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