



Paleo Slow Cooking for Two: 40 Easy and Healthy Paleo Recipes for a Crockpot or Slow Cooker, Plus Cook Time and Calorie Count (Paleo Diet & Cooking for Two)

Eva Mehler

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Eat and Live Healthy for Two: Paleo Slow Cooking for Two Are you trying to live healthier by following the Paleo way of cooking and eating? Have you ever made and followed recipes and end up having tons of leftovers because your aim was to cook for two? Do you feel that you are too novice to make delicious dishes using your crockpot or slow cooker? If you have answered “Yes” to all these questions, then this book is definitely for you! This is Paleo cooking in its most worry-free and fool proof way! Paleo cooking using a crockpot or slow cooker can be both exciting and challenging. But with the help of this book, you can start recreating and even coming up with your own Paleo recipes using this cookware with utmost confidence.

And not just that, inside you will learn:

- The reason why you should go for a Paleo lifestyle
- 40 delicious, healthy and completely Paleo recipes that you can cook using a slow cooker.
- Recipes that help you prepare your food ahead of time.
- How to reduce recipe servings or yields to suit your need to cook for just two people.
- And so much more Bring out your slow cooker and get ready to be the star of the kitchen and the dinner table with these amazingly easy Paleo recipes!

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