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Paleo Slow Cooker Recipes 65 Fast, Easy and Delicious Primal Crock Pot Recipes to Feed Your Family

By Andrea Huffington

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 108 pages. Dimensions: 8.9in. x 6.0in. x 0.4in. How valuable is YOUR time to you? Slow is the new fast . . . Just imagine yourself coming home after a long day at work, to find a healthy home-cooked meal just waiting for you and your family. No standing on your feet trying to put a meal together while ALL you really want to do is sit down and forget about the day's troubles. With slow cooking you can have this at a fraction of the time you normally spend on cooking, and it's like having your own cook on duty! This is especially true for sticking to the Paleo diet, where the thought of starting a meal from scratch after a difficult day may tempt you to just grab a fast food meal. Although the cooking is slow, the food is fast, being ready for you with minimal preparation on your part. Chances are you're spending way too much time in front of a hot stove anyway. Why not give yourself a well-deserved break by learning the secrets of the crock pot? In this value-packed little...



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