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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

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