

## Paleo Slow Cooker: 25 Easy Paleo Diet Recipes to Cook in the Slow Cooker (Crock Pot) (Paperback)



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### ***Reviews***



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(Mrs. Felicia Windler)*

## PALEO SLOW COOKER: 25 EASY PALEO DIET RECIPES TO COOK IN THE SLOW COOKER (CROCK POT) (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Paleo diet mimics the diet of prehistoric cavemen of the Late Paleolithic period, also known as the Old Stone Age. About 50,000 years ago, mankind was only transitioning from hunter-gatherer lifestyle, slowly moving onto agriculture and animal husbandry. Their diet lacked grain and milk. Instead of sugar, they go for natural fats as their staple. The Paleolithic diet requires dedication not only to the diet itself, but also on its unique preparation. I have noticed a pattern. Instead of using soy sauce, we use liquid aminos. Instead of cooking oils, we use healthy fats such as ghee, coconut oil, or olive oil to grease our pan before cooking. Table salt is strictly replaced by sea salt, and the use of spices has never been so adventurous. The preparation of recipes using a crock pot helps for several reasons: the frugality (it could save up to 95 of electricity compared to using an oven); it provides a hands-off approach. Moreover you could simply pick your choice cut into the market and let it sit in your crock pot until it is fall-off-the-bone tender. You let the magic happen while you re asleep, or off to work. This ensures that you will have a quality time in balancing your busy work schedule to having the chock-full of nutrition you deserve! Inside we collected only best of the best Paleo recipes for: Breakfast Lunch Dinner Desserts Snacks Isn t this great? What are you waiting for? Download your copy right away!.

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