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Delicious Paleofied Slow Cooker Recipes For One Awesome Month (Family Paleo Diet Recipes, Caveman Family Favorite Book 4)



Synopsis

You And Your Family Deserve To Eat Delicious And Healthy Home Cooked Meals Every Night Of The Week Feeding your family delicious Paleoified meals doesn't have to be hard. In fact, it can be downright easy with the help of your slow cooker. All of these recipes are Gluten-free Grain-free Dairy-free Peanut-free Void of processed sugars This collection of Paleoified slow cooker recipes allows you to do all of the prep work for a fabulous meal ahead of time and come home to a house filled with the smells of a home cooked meal ready to go. Prepare for busy days and avoid the hopeless feeling of not knowing what to cook for dinner -- a greasy brown bag is never the answer! This edition of Lauren Pope's Caveman Family Favorites will teach you how to keep calm, live healthy, and cook amazing Paleoified meals that the whole family will enjoy!

Book Information

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Customer Reviews

All I can say is whoever designed the Slow-cooker, made a wonderful and easy way for any type of cook to enjoy cooking even more, especially for those busy on the go days. I do have plenty of experience in cooking but I am open minded to new dishes. I have been cutting back more and

more on meat and started to investigate non-meat meals. Dinner can be ready when you arrive home from a stressful day at work, a busy day of shopping or just to be able to relax before dinner without all the last minute prepping stress, allowing more family time with family or friends. Now we have started to wise up and make changes in our diet that has plagued us with heart disease, obesity, diabetes and cancer. It seems we now live in a world where we take cues from our ancestors and are making changes to our life style and diet. Most of the packaged food we buy in the grocery store has additives, harmful chemicals, steroids and artificially made products to give the food a longer shelf life. I know from personal experience that cutting out certain foods from my diet has lowered my potassium and blood pressure from healthy eating. The book talks about using coconut oil in your skillet which is very good for you when heating your beef and skillet roast. I use coconut oil in the bottom of my skillet when I fry an egg, I use it to pop popcorn in a pot on the stove even and of course I put coconut oil into my fruit and ice drinks. The broccoli beef recipe is a very tasty recipe and I found the books talks a lot about the healthy benefits about using fresh made foods found in your pantry or refrigerator. I hit up my own local farmers market each and every Friday or Saturday. I get all my week's worth of fresh vegetables and fruit for stews, soups, salads, stir fries and so much more.

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