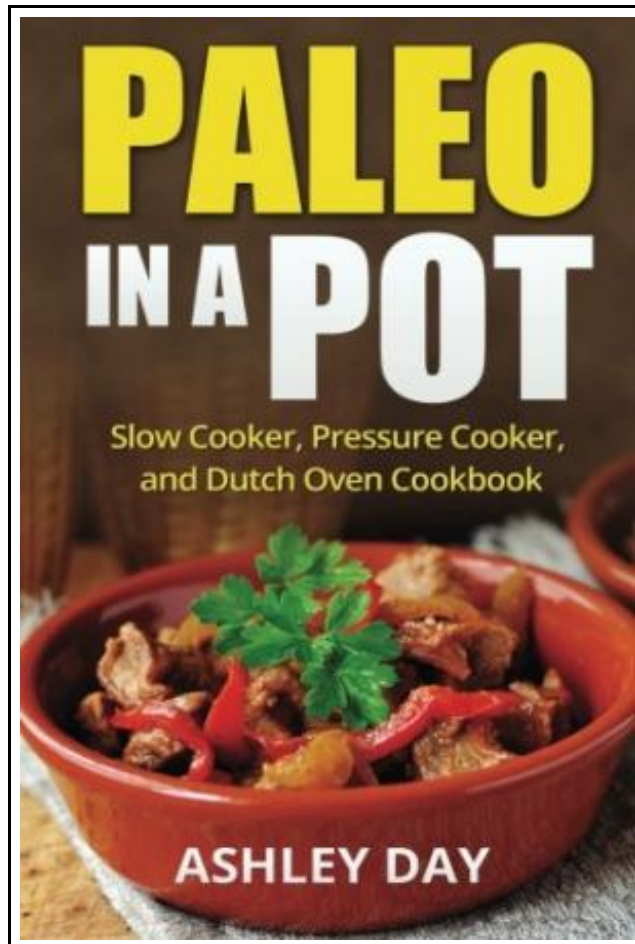


Paleo in a Pot: Slow Cooker, Pressure Cooker, and Dutch Oven Cookbook



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Reviews



This publication is fantastic. We have read through and i am certain that i will planning to read yet again yet again down the road. You wont feel monotony at at any time of your respective time (that's what catalogs are for concerning when you request me).
(Alec Langosh)

PALEO IN A POT: SLOW COOKER, PRESSURE COOKER, AND DUTCH OVEN COOKBOOK



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Paleo diet is based on the eating habits of our Paleolithic-era ancestors and it only includes foods that would have been available to humans prior to the birth of agriculture. The Paleo diet is not so much a diet as a lifestyle choice that can help you to improve your eating habits, boost your nutrition, and change your life. If you are ready to give the Paleo diet a try, this book is the perfect place to start. In this book you will receive: An introduction to the Paleo diet with foods included in the diet A collection of easy Paleo recipes for the slow cooker and the pressure cooker Delicious Paleo recipes you can prepare on the stove in your Dutch oven By the time you finish this book you will have a good idea what the Paleo diet is and you will be prepared to try your hand at Paleo cooking for the family.

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