



Paleo Slow Cooker: Easy and Delicious Recipes anyone can make

Tammy Lambert

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This is a book about Paleo guidelines. Learn about Paleo in the introduction. Then, put the diet into action with this collection of recipes for the slow cooker. You will find delicious recipes that you can set and forget. Until it is time to eat, that is. The recipes start with stews and soups that are perfect for dinner. The leftovers are great for lunches the next day too. Then you will find a variety of meat dishes, the entrée to dinner time is ready to go when you get home. Have your whole meal in one place with unique casseroles. Last but not least, prepare a crockpot dessert that is Paleo approved. Enjoy experimenting with delicious recipes without the guilt.

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