



5-Ingredient Paleo Slow Cooker: 50 Low-Carb and Gluten-Free Recipes (One-Pot Recipes)

By Paula Hess

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Do you have a lot of recipes but no time to cook them? Do you find some recipes too complicated and want something simpler and easier to prepare? Looking to manage your weight but have no idea where to start? Have you heard of the gluten-free diet but worried about making the right choice? Ready to start paleo diet variants from relaxed to strict version? Do you want to find a way to keep all the flavors of your dishes intact?

Low carb, gluten free and paleo friendly recipes are some of the best diets to choose from among all the diets available. With the weight controlling feature of the low carb diet, the gluten allergy avoiding characteristics of the gluten free diet and all the natural benefits the paleo diet, this recipe book combines the best of all three diets.

This book will share you with 50 slow cooker recipes that are perfect for the person on the go. Having no time to cook your food must be the last thing to keep you from maximizing the benefits of these diets. Plus, these recipes only have at most 5 main and major ingredients, this makes the preparation easier and faster to do.

Inside you will learn about:

- Beef and pork recipes
- Chicken recipes
- Seafood recipes
- Veggie recipes
- Breakfast, sides and desserts recipes

Once you have learned the recipes in this book, you can start to have more time for yourself while still enjoying the various diets represented in this book. These recipes are simple, easy and most importantly nutritious and beneficial to your health.

Don't wait another minute! The sooner you learn these recipes, the sooner you can enjoy slow cooker dishes. With enough recipes to last you for more than a month, you will have a new recipe every day!

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