

Paleo lovers, discover slow cooker recipes for your favourite breakfasts, soups and stews, hot and hearty meals, and snacks and sides. Inside Easy Paleo Slow Cooker Recipes, you will find:- Tons of healthy, tasty paleo slow cooker recipes for breakfast, lunch and dinner. Each recipe includes HD photographs and the nutritional facts.- A comprehensive guide to the history of the paleo diet- A grocery list of foods to embrace and foods to avoid. What is the Paleo diet? The Paleo Diet is also sometimes called the Caveman Diet because it is based on the diet our Paleolithic-era ancestors would have followed. This diet is based on the fact that the human body has not evolved significantly from the time of the Paleolithic era and, thus, our bodies are still designed to function on that same diet. Included in the Paleo Diet are sources of protein, vegetables, fruits, nuts and seeds along with some healthy fats including olive oil, avocado and coconut oil. What the Paleo Diet excludes are “Neolithic” foods “ foods that were only consumed after the end of the Paleolithic Era.

The Alexandria Quartet: Set of Four Paperback Novels (Justine, Balthazar, Mountolive, Clea), Two Cowboys for Cady: (Curvy Contemporary Western Romance) (SpicyShorts), The ULTIMATE Collected Works of 8 Books (With Active Table of Contents), The Roman Assemblies from Their Origin to the End of the Republic, Dinosaurs and Other Mesozoic Reptiles of California, How We Move Around (What Do You Know About? Books), Minecraft - End Of A Monster (An Unofficial Minecraft®™ Book) (Minecraft Series Book 17),

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