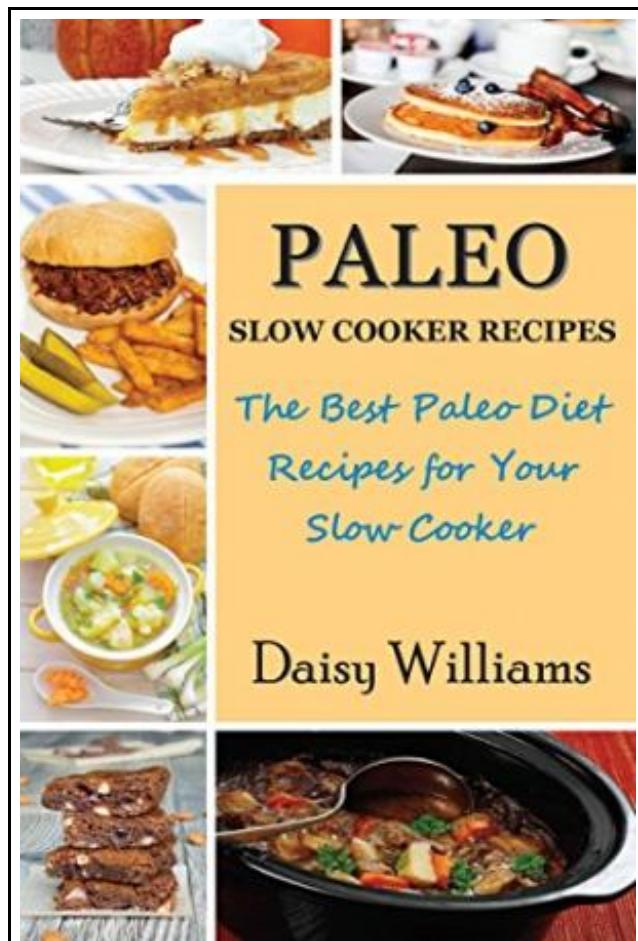


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Reviews

Very beneficial to all category of folks. We have study and that i am sure that i will planning to go through yet again again in the future. Its been printed in an extremely straightforward way in fact it is just soon after i finished reading this pdf where actually changed me, alter the way i really believe.
(Emmett Mann)

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Mojo Enterprises, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Hunt. Gather. Slow Cook. Break out the slow cooker and start enjoying healthy meals without fussing and slaving over a hot stove. The Paleo Diet is the back-to-basics diet plan that is simple to follow because it is based on the food groups of natural and unprocessed foods that our ancestors ate all of the time. If you can hunt, fish or gather it, it's very likely included in the Paleo Diet plan. What you won't find is dairy, refined sugar, grains or heavily processed, prepared foods. Using a slow cooker to create the recipes in this book will save you time and dollars because slow cooking makes it easier to utilize less expensive cuts of meat. You'll basically be shopping around the perimeter of the supermarket, selecting lots of delicious fruits, vegetables, meats, poultry, nuts, and fish. You'll notice that weight management gets easier because you've eliminated the empty calories found in addictive, heavily processed foods that are not only damaging to your health, but to your wallet as well. o Delicious slow cooker breakfast recipes o 10 no-fuss slow cooker lunch or dinner recipes o Slow cooked desserts to naturally satisfy your sweet tooth As you start to experiment with these recipes you will quickly notice that you're not missing the dairy or grain products you thought were indispensable. Simple substitutions, such as using olive oil in place of butter or filling up on fiber-rich sweet potatoes instead of refined starches will leave you feeling satisfied and less likely to binge on empty-calorie snacks. Before long, it will become second nature to reach for fruit instead of a rich dessert when you hunger for something sweet....



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