



# **30 Days of Paleo Slow Cooking: Best Weight Loss Paleo Recipes for One Awesome Month of Your Paleo Challenge with a Slow Cooker (Paleo Weight Loss & Slow Cooker Recipes)**

*Emma Melton*

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There are a great number of benefits to a Paleo diet, but the primary draw lies in the potential for healthy weight loss. This book takes a close look at how you can combine this weight loss potential with the convenience of the slow cooker to not only get fit, but to save time in the process! In a time where we are all run off our feet and caught up in the fast pace of life on the go, cooking a healthy Paleo meal can be difficult. To help you to combat that inconvenience, we have pulled together thirty days worth of healthy slow cooker Paleo meal recipes. Whether you are looking for chicken, beef or something else entirely, we have a recipe to suit your needs and every recipe includes the nutritional information you need to track your dietary progress! From quick and easy meals with few ingredients, to something a little more elaborate, every recipe included in “30 Days of Paleo Slow Cooking” is easy to follow. Plus, every recipe in the book is Paleo friendly, so you don’t have to worry about making adjustments and ingredient substitutions. Inside this Book you will learn: • How to Approach Your 30 Day Paleo Slow Cooker Challenge! • Great Chicken, Beef and More recipes that are Slow Cooker and Paleo Friendly! • Nutritional Information for Every Recipe in the Book! • And Much More

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