



Paleo Low Carb Diet: 30 Delicious Low Carb and Paleo Recipes for Slow Cooker: (Low Carb Diet for Dummies, Paleo Diet Solution) (Paperback)

By Nicky Oneal

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Delicious Low Carb And Paleo Recipes for Slow CookerPaleo

Low Carb Diet: 30 Delicious Low Carb And Paleo Recipes for

Slow Cooker can be a good cookbook for you. These meals are

easy to try to live a healthy life. This book has 30 delicious low

carb recipes and these items are easy to prepare in the slow

cooker. You can plan your meal plan for 30 days and prepare

yummy items easily. With the help of these recipes, you can

enjoy a variety of dinner, lunch, and dessert recipes. All food

items taste great and 30 recipes are given with images. You

have to exclude grains, dairy products, sugar, processed oils,

legumes, salt, coffee and alcohol. You should avoid modern

processed foods and harmful food that can increase your

weight. It will be good to consume grass-fed meat, chicken,

hen, duck and turkey, and wild fish. With...



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