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Paleo Slow Cooker Favorites For Meat Lovers

Andrew Moorehouse

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Get your meat lover on-board with Paleo! Following a Paleo diet is easy to do with these simple, yet delicious slow cooker recipes. Starting a Paleo diet isn't something that everyone adopts right away. But serving familiar favorites that adhere to Paleo standards is a great way to introduce this lifestyle to those who are reluctant to try it! Paleo Slow Cooker Favorites for Meat Lovers contains recipes that are flavorful and amazingly easy to prepare. Almost all of the recipes have preparation times of 10 to 15 minutes. That's it! Perfect for busy families! You can literally place your ingredients in your slow cooker, turn it on and come back hours later with a fully "ready to eat" meal. The recipes in this book feature chicken, beef, pork and lamb that are sure to please! These dishes are also great for entertaining because of the large amount of food that can be prepared in one appliance. For example, the Kalua Pork with Cabbage recipe is a tried and true favorite for a Hawaiian themed gathering. And it's so amazingly easy to prepare! Enjoy a healthier way of eating without feeling restricted! Even picky eaters will be sure to enjoy these recipes. Paleo Slow Cooker Favorites for Meat Lovers is a must for any family who wants to spend less time in the kitchen yet be amazingly successful at creating delicious and nutritious meals.

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Jon Cerrone:

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