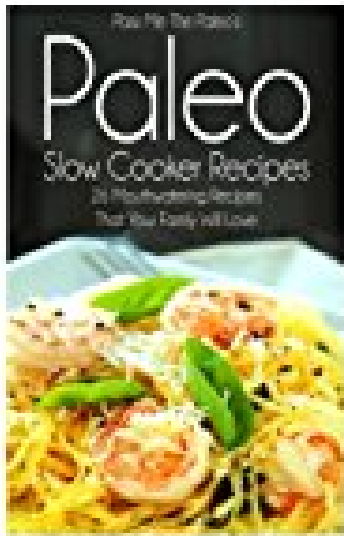


Pass Me The Paleos Paleo Slow Cooker Recipes 26 Mouthwatering Recipes That Your Family Will Love!



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BOOK SYNOPSIS

Going Paleo does not have to be a full-time job! Paleo is today's fastest-growing food trend, and while it has many benefits, getting started can be intimidating and confusing. In Part-Time Paleo, nutritionist and New York Times bestselling author Leanne Ely helps remove those obstacles as she teaches you how to: Equip your kitchen for success Stock your pantry, fridge, and freezer for quick and easy meals Simplify your life with menu plans, grocery lists, and serving suggestions Harness the magic of your slow cooker Make dozens of delicious gluten-and dairy-free recipes Part-Time Paleo makes going Paleo fun, easy, and delicious.

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