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Everyday Paleolithic Slow Cooker Cookbook: Healthy Meals That Keep High Calories (Paperback)

By M T Susan

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Why You Should Read This Cookbook Before Preparing Any Paleo Dish? Are you looking for a lot of easy food recipes that are not only gluten-free but also delicious to eat? If yes, then you have come to the right place. The Everyday Paleolithic Slow Cooker Cookbook is what you had been looking for! Cooking Paleolithic dishes is not just a hobby. It is a lifestyle. So, if you are wondering why you should switch from fast food to Paleo dishes, here are some solid points that may add wonders to your health: a.Eating Paleo food decreases the occurrence of diseases cardiovascular disease, diabetes, and high blood pressure b.It helps you lose weight c.It increases longevity d.It enables your body to absorb a higher level of nutrition as compared to processed foods e.It boosts energy levels f.It improves digestion Though adapting a lifestyle that includes Paleolithic diet is interesting especially for calorie-conscious people, it can be time-consuming as well as boring to stand in the kitchen almost the whole day. However, things can be as...



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