



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

By Nicky Oneal

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE BonusDownload this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Paleo Low Carb Diet:(FREE Bonus Included)30 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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