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PALEO SLOW COOKING: FAST, EASY, AND DELICIOUS PALEO CROCK POT RECIPES FOR LOSING WEIGHT, FEELING GREAT, AND SATISFYING YOUR PRIMAL CRAVINGS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. People who make the switch to the paleo diet are always amazed by the easy weight loss, increased energy and focus, and vibrant health they experience. But many newcomers to the paleo diet find that preparing healthy paleo meals requires tons of time and effort. Let's face it: prepping and cooking meals from scratch, not to mention cleaning all...

Read PDF Paleo Slow Cooking: Fast, Easy, and Delicious Paleo Crock Pot Recipes for Losing Weight, Feeling Great, and Satisfying Your Primal Cravings (Paperback)

- Authored by Jamie Wright
- Released at 2014



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