



Slow Cooker: Slow Cooker Recipes and Slow Cooker Cookbook: 30 Simple Grain-free Seafood Slow Cooker Recipes for Beginners

J.S. West

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After reading this book you will learn all about Paleo Seafood Slow Cooker meals!

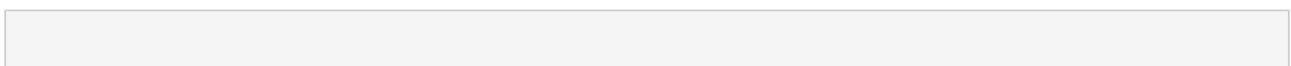
The Health and Wellness Benefits Will Be Incredible!

If you are a beginner to cooking and don't know how to begin preparing delicious seafood recipes you won't be embarrassed to share with your friends and family, then this is the book for you! Alternately, if you have been cooking for a long time but just never have had the nerve to branch out and attempt cooking seafood recipes, look no further than the ones included in this book! Whatever your reason, you are about to find yourself surrounded by 30 of the most incredible and ultra simple seafood slow cooker recipes you have ever seen. And the best part is, they are grain-free and paleo, which makes them excellent for helping you lose weight and stay fit! If you have been looking for delicious fish, shrimp, crab, and lobster recipes to help expand your paleo diet, you have come to the right place. This book is chock full of recipes that will help you utilize these very versatile and tasty protein sources in your daily life. Some people might not even consider seafood as a viable way to get protein, but it is in fact a great option and can be prepared in very healthy ways. It is one of the least fattening food groups available to you, so again, if you are trying to lose weight these recipes are going to help you get there! The first chapter of this book explains why eating seafood is so good for you, and how it can fit fluidly into a paleo style diet. The following chapters will outline the thirty amazing recipes in easy to understand, step-by-step directions that beginners can follow with no trouble. The ingredients used can all be easily found in your local market or, in some cases, international grocery store. In no time at all, you will be cooking seafood with the best of them! Take a look through the included recipes in this book, pick your favorite, and give it a try!

This is A Preview Of What You'll Learn...

- why eating seafood is a great way to lose weight
- how seafood fits in to the paleo diet
- thirty delicious seafood slow cooker recipes
- and much, much more!

Would You Like To Know More? Download your copy today! Take action NOW and download "**Slow Cooker Recipes and Slow Cooker Cookbook: 30 Simple Grain-free Seafood Slow Cooker Recipes for Beginners**" for a limited time discount of only \$2.99! Available on PC, Mac, smart phone, tablet or Kindle device. © 2014 All Rights Reserved Tags: Paleo, Paleo Slow Cooker, Paleo Seafood Slow Cooker, Clean Eating, Whole Food, Low Carb, Wheat Belly



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Thomas Towne:

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