



# **Paleo Slow Cooker Recipes: Easy, Nutritious Food the Whole Family Will Love**

*Karen L Davids*

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This book can be a helping guide to following the Paleolithic diet and using your crockpot to make it simple. Set it and forget it! You will find an introduction to the Paleo diet first. The recipes will start after that with breakfast, then stews and soups, main dish ideas and desserts. You will find the main dishes organized by meat type. All of the recipes can be easily made in the crockpot and are very nutritious and delicious. Happy slow cooking!

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