



The Big Book of Paleo Slow Cooking: 200 Nourishing Recipes That Cook Carefree, for Everyday Dinners and Weekend Feasts

Natalie Perry

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Paleo goes slow in this cookbook inspired by global cuisine.

In *The Big Book of Paleo Slow Cooking*, well-respected and widely read paleo blogger Natalie Perry focuses mostly on main courses for dinner, but there are breakfast, lunch, snack, and sweets/desserts ideas as well. The more than 200 recipes in the book include appetizers and snacks, soups and chilis, poultry, beef, pork and lamb, fish and seafood, vegetable sides, desserts, and pantry basics. The recipes are creative and new incorporating global flavors with roots in Asian, Latin, and Middle Eastern cuisines. Most of these recipes have never before appeared in print.

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From reader reviews:

James Mendoza:

Have you spare time for the day? What do you do when you have considerably more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent all their spare time to take a walk, shopping, or went to typically the Mall. How about open or perhaps read a book entitled The Big Book of Paleo Slow Cooking: 200 Nourishing Recipes That Cook Carefree, for Everyday Dinners and Weekend Feasts? Maybe it is to become best activity for you. You already know beside you can spend your time using your favorite's book, you can better than before. Do you agree with its opinion or you have some other opinion?

David Lau:

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Brain West:

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Vicky Gamez:

The book untitled The Big Book of Paleo Slow Cooking: 200 Nourishing Recipes That Cook Carefree, for Everyday Dinners and Weekend Feasts contain a lot of information on that. The writer explains the woman idea with easy means. The language is very clear and understandable all the people, so do not really worry,

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