



Paleo in a Pot: Slow Cooker, Pressure Cooker, and Dutch Oven Cookbook

Ashley Day

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The Paleo diet is based on the eating habits of our Paleolithic-era ancestors and it only includes foods that would have been available to humans prior to the birth of agriculture. The Paleo diet is not so much a diet as a lifestyle choice that can help you to improve your eating habits, boost your nutrition, and change your life. If you are ready to give the Paleo diet a try, this book is the perfect place to start. In this book you will receive:

- An introduction to the Paleo diet with foods included in the diet
- A collection of easy Paleo recipes for the slow cooker and the pressure cooker
- Delicious Paleo recipes you can prepare on the stove in your Dutch oven

By the time you finish this book you will have a good idea what the Paleo diet is and you will be prepared to try your hand at Paleo cooking for the family.

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