



Delicious Paleofied Slow Cooker Recipes For One Awesome Month (Family Paleo Diet Recipes, Caveman Family Favorite Book 4)

Little Pearl, Pope, Lauren

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You And Your Family Deserve To Eat Delicious And Healthy Home Cooked Meals Every Night Of The Week

Feeding your family delicious Paleofied meals doesn't have to be hard. In fact, it can be downright easy with the help of your slow cooker. All of these recipes are

- **Gluten-free**
- **Grain-free**
- **Dairy-free**
- **Peanut-free**
- **Void of processed sugars**

This collection of Paleofied slow cooker recipes allows you to do all of the prep work for a fabulous meal ahead of time and come home to a house filled with the smells of a home cooked meal ready to go.

Prepare for busy days and avoid the hopeless feeling of not knowing what to cook for dinner -- a greasy brown bag is never the answer!

This edition of Lauren Pope's **Caveman Family Favorites** will teach you how to keep calm, live healthy, and cook amazing Paleofied meals that the whole family will enjoy!

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