



Best Paleo Box Set (6 in 1): Over 200 Paleo Friendly Recipes for Cast Iron, Pressure and Slow Cooker, Plus Healthy and Delicious Desserts (Paleo Pressure Cooker)

Andrea Libman, Jessica Meyer, Ingrid Watson, Sheila Hope, Erica Shaw, Aimee Long

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Book One: The 31-Day Paleo Diet Challenge with Cast Iron Skillet Recipes: One Paleo Diet Recipe for Every Day of the Month Using Cast Iron Skillets

Are you ready for the challenge? This book contains more than 31 recipes that you can choose from; each recipe is paleo diet friendly and is best cooked with an iron cast skillet. If you have always wanted to try the paleo diet then what better way to start by test running the diet with one paleo recipe a day!

Paleo diet is one of the most popular and practiced diets today. It may be the diet used by our cavemen ancestors thousands of years ago but it is gaining recognition today because of the benefits for our health and well-being. It can lower the risk for various diseases and increase the resistance of your immune system.

Book Two: Paleo Under Pressure: Easy Paleo Friendly Pressure Cooker Recipes For Health Conscious Living

Included in Paleo Under Pressure, you will find:

- An introduction to the Paleo diet
- What you need to know about pressure cooking
- Five great Paleo friendly chicken recipes
- Five great Paleo friendly pork recipes

- Five great Paleo friendly lamb recipes
- Five great Paleo friendly beef recipes

Book Three: Paleo Crock Pot Meals: 40 Amazing Low Carb and Gluten Free Recipes and Dump Meals for a Slow Cooker

Inside You Will Learn:

- How to Eat on the Paleo Diet
- How to Create Delicious Dinners and Desserts in Your Crock Pot
- Tips to Making Your Recipes the Best They Can Be
- How to Avoid Making Mistakes with Your Crock Pot
- Tips to Making the Paleo Diet Work Best for You When Using a Slow Cooker
- And Much More

Book Four: Low Carb Paleo Mug Cakes: Over 40 Healthy and Yummy Five-Minute Mug Cake Recipes Plus Decorating Ideas and Essential Secrets of Making the Perfect Mug Cakes

Inside You Will Learn:

- Where mug cakes originated from
- Why they are so popular
- How to make the best mug cakes
- Recipes for low carb and paleo mug cakes
- Recipes for one-minute muffins
- And Much More

Book Five: Beef Made Simple: Over 50 Lavish Low-Carb Beef Recipes to Try in Your Slow Cooker

Inside You Will Learn:


- Top benefits of eating beef, particularly to one's health.
- What grass fed beef can offer and why this is considered one of the best, if not the best type of beef.
- Over 50 delicious, healthy and really easy to follow slow cooker beef recipes that readers can make at home for their entire family.
- Different tips on how to choose the best cuts of beef and the proper ways to cook or prepare them.
- And so much more

Book Six: Practical Paleo for Busy People: Delicious Recipes for Your Slow Cooker that are Low Carb and Gluten Free!

Too many people think that the Paleo diet and lifestyle is too complicated, with too much work to be effective. They worry that they will not find foods to eat outside of the home and fret that they just do not have the time to cook the meals that the need.

Then there is another set of people- the ones who are absolutely mystified by the process of cooking. They shudder to think of the disasters that will befall them if they are forced into the kitchen for more than a light snack. Give these people a recipe with more than a few ingredients and they will probably panic.

But, cheer up! This book is the perfect answer to both types of people and for everybody else as well! Your slow cooker is about to become the perfect solution to your new Paleo lifestyle or a welcome addition to it if you are an old pro by now. Everything from fast and simple breakfasts to elegant dinners and even snacks and desserts is covered here and most will require no more than a few ingredients and a few minutes of hands on time. Your slow cooker will do the rest.

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From reader reviews:

Margaret Stanley:

Have you spare time for any day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent all their spare time to take a move, shopping, or went to often the Mall. How about open or maybe read a book allowed Best Paleo Box Set (6 in 1): Over 200 Paleo Friendly Recipes for Cast Iron, Pressure and Slow Cooker, Plus Healthy and Delicious Desserts (Paleo Pressure Cooker)? Maybe it is being best activity for you. You know beside you can spend your time with the favorite's book, you can cleverer than before. Do you agree with it is opinion or you have different opinion?

Fanny Rutledge:

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Constance Music:

On this era which is the greater particular person or who has ability in doing something more are more treasured than other. Do you want to become considered one of it? It is just simple approach to have that. What you have to do is just spending your time very little but quite enough to have a look at some books. One of many books in the top list in your reading list is actually Best Paleo Box Set (6 in 1): Over 200 Paleo Friendly Recipes for Cast Iron, Pressure and Slow Cooker, Plus Healthy and Delicious Desserts (Paleo Pressure Cooker). This book that is certainly qualified as The Hungry Hillside can get you closer in turning into precious person. By looking way up and review this publication you can get many advantages.

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