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Paleo Slow Cooking: Gluten Free Recipes Made Simple

Chrissy Gower

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Although eating a paleo diet (no gluten, grains, dairy, or legumes) has proven to be highly effective in shedding unwanted weight and improving overall health, many find preparing and cooking real-food meals on a daily basis difficult to manage. Let's face it, prepping and cooking meals, as well as cleaning multiple pots and pans, can take a lot of time from your already hectic schedule. Not to mention the difficulties in making healthy food taste delicious. Enter the slow cooker, an easy-to-use devise that allows you to enjoy a wonderful, home-cooked meal without slaving for hours in the kitchen.

In *Paleo Slow Cooking*, Chrissy Gower shows you that cooking real food using a variety of vegetables, clean cuts of meat, and healthy fats does not have to be a complicated, boring, or time-consuming endeavor. In this real-food-made-easy guide, Gower teaches you how to prepare full-course paleo/primal entrees, soups, stews, breakfast dishes, and desserts. To make every meal more enjoyable, Gower also includes several quick and easy side dishes to go with your slow cooker meals.

Paleo Slow Cooking is sure to win the hearts of every time-crunched individual or family that yearns to eat a healthier diet. Eating paleo has never been so easy or tasted so good!

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