

Paleo Chicken Slow Cooker Cook Book Quick & Easy Slow Cooker Recipes for Busy Women

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✓ Verified Book of Paleo Chicken Slow Cooker Cook Book Quick & Easy Slow Cooker Recipes for Busy Women

Summary:

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Are you a busy mom who works hard to keep it all together? Whether you are working all day outside of the home or inside of it, this book will help you conveniently make a delicious and nutritious chicken dinners for your family. When dinner time rolls around, things can sometimes be hectic. Take the time you normally spend preparing dinner and free it up! By using your slow cooker, you can prepare your dinner in the morning so at night all you have to do is spoon it onto the plates. Not only that, have you ever smelled a crockpot full of chicken, spices and vegetables cook all day in a slow cooker? It is heaven.

This book will keep your dinners versatile and loaded with nutrition. Each recipe follows the Paleo diet guidelines which you may of heard about by now. This popular diet takes us back to the days of our ancient ancestors who at what they could hunt or gather. There was no agriculture, which meant no wheat; no breads or pastas. There was no processing plants where ingredients were altered or packaged to sit in a shelf for months. Food was just plain and simple. These recipes use that philosophy by including foods that could have been hunted or gathered including meats, seafood, fish, poultry, fruits, vegetables, nuts and seeds. All of these foods come from nature with loads of vitamins and minerals. Combine those together with the slow cooker and these carefully tried and tested recipes and your dinners are destined to be a delicious, relaxing success.

Give your family the tastes they love, while knowing you are nourishing their bodies on the inside too! Enjoy!

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Paleo Chicken Thigh Slow Cooker Recipes

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