



# **Paleo Slow Cooker Soups & Stews: Delicious, Healthy, Nutritious and Gluten Free Recipes for the Entire Family**

*John Jacobs*

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## **Paleo Slow Cooker Soups & Stews: Delicious, Healthy, Nutritious and Gluten Free Recipes for the Entire Family** John Jacobs

Within this book you will find recipes to help you follow the Paleolithic dietary guidelines. Life can be very busy and preparing meals, let alone meals that have specific rules for what can be included, can seem impossible. Every recipe in this book can be prepared in a slow cooker crock pot ahead of time for a stress free dinner time. The recipes are divided into 6 sections by the type of meat included in the recipe. The sections of recipes you will find are beef, chicken, vegetables, pork, lamb and then other meats. Enjoy these easy to prepare, nutritious and delicious Paleolithic slow cooker, gluten free, soups and stews.

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