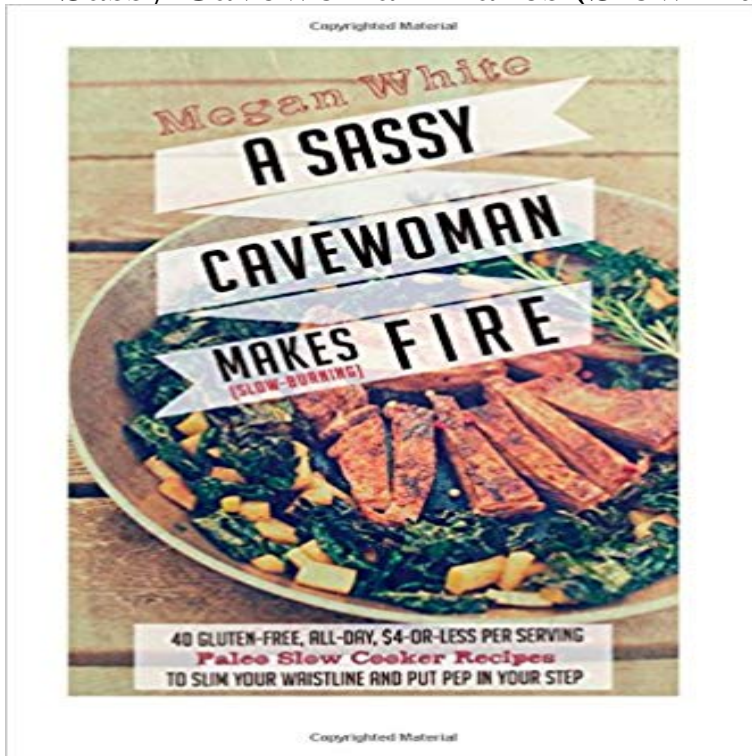


A Sassy Cavewoman Makes (Slow-Burning) Fire:



A Sassy Cavewoman Makes (Slow-Burning) Fire: 40 Gluten-Free, All-Day, \$4-or-Less Per Serving Paleo Slow Cooker Recipes to Slim Your Waistline and Put Pep in Your Step Are you struggling to lose weight, halt your rapid aging, and reverse your affinity for diseases, like depression, diabetes, and Alzheimers? Do you feel like you just dont have enough time to commit to the Paleo diet plan, even though you know its the best diet plan for you? Do you feel like the Paleo diet is only a diet for rich people?

Are you tired of mundane, confusing, no-photograph cookbooks that dont show you your beautiful, end result? This book is here to disprove you and to show you how you can lose weight on the Paleo dieteven without much time and without much money. As a budget-friendly woman, myself, I am the perfect person to show you how. The Paleo Slow Cooker Book Will Completely Re-Boot Your Diet Plan and Help You Lose Weight. In this book, youll discover: The overall benefits of the Paleo diet solution, from its incredibly efficient reduction of your waistline to its consistent reversal of insulin resistance, depression, and anxiety. Lose fat and gain both mental and physical strength. Why the Paleo diet is for you, regardless of your income. Each recipe includes a serving perfect for you for less than four dollars each. Therefore, youll eat natural ingredients, pulsing with vibrant energy, for far less than four dollars per serving. This brings you to only about ten dollars per day that you spend on your health and your waistline. How you can maximize your time and energy with the Paleo diet slow cooker recipes. 40 Recipes with 40 Vibrant, mouth-watering photographs of your end-result. Seriously, you wont be able to resist. And so much more. The 40 Paleo Slow Cooker recipes offer breakfast, lunch, dinner, chilis, stews, soups, and delicious desserts for both the

meat-eating Paleo dieter and the vegetarian paleo dieter. This book is a perfect paleo diet for beginners recipe book, allowing you to spend only about ten minutes in the morning throwing everything together. Remember how many hours you had to slave in the evening, preparing a well-formed, weight-loss-friendly meal after a hard day at work? I remember those days all too well, but they are of the past, now. Now, with these Paleolithic diet recipes, I eat hearty, delicious, and nutritional food, without devoting my entire life to paleo kitchen work. These 40 Paleo Slow Cooker Recipes bring Paleo Diet for Athletes to a New Height. I, myself, am a runner. I need mounds of energy to go on my long runs throughout the week; therefore, when I return from them post-work, pre-dinner, I am simply starving. These protein-rich recipes absolutely renew my muscle strength and help me formulate a fine physical physique. They are perfect for both well-formed athletes, just as they are essential paleo for beginners recipes, as well. Find your match with the 40 Paleo Slow Cooker Recipe book. Watch a Sassy Cavewoman make fire. And feel vibrant and whole as your weight falls away and you become a renewed version of yourself. Dont Forget to Collect Your Free Gift: 4 Non-Dairy Cheese Recipes, Included with this Purchase!

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