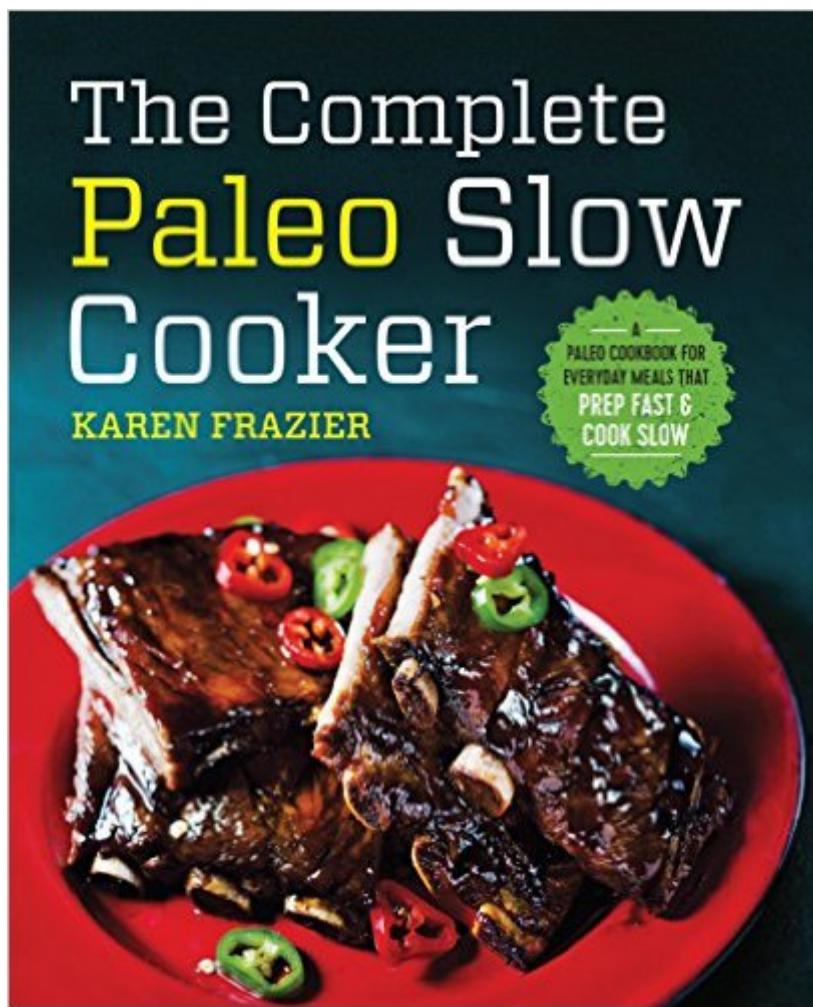


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# The Complete Paleo Slow Cooker: A Paleo Cookbook For Everyday Meals That Prep Fast & Cook Slow



## Synopsis

All the Paleo Slow Cooker Benefits in Half the Time Favored by home chefs for years, the slow cooker remains a kitchen staple in many homes todayâ •with good reason! Its flexible timing, easy cleanup, and bulk cooking capabilities offer practical solutions to everyday culinary conundrums. Combine these benefits with the healthy principles of a Paleo diet and tasty recipes designed by a top cookbook author, and you have The Complete Paleo Slow Cooker. The Paleo slow cooker recipes in this book offer fresh, creative Paleo slow cooker meals that retain the tenderness and richness of your ingredientsâ •all while yielding leftovers for days to come! The Complete Paleo Slow Cooker offers more than 150 recipes, bringing the slow cooker back to its simple roots while making it more convenient than ever to eat Paleo whenever you choose! Recipes in The Complete Paleo Slow Cooker â | Require less than 20 minutes of active prep time Use easy-to-find Paleo slow cooker ingredientsâ •many of which you may already have Apply the â œset and forgetâ • principleâ •prepare your Paleo slow cooker meal and itâ ™s ready 8 to 10 hours later (Bonus: avoid those pesky slow cooking surprises with special labeling for additional prep time) Indicate Lower Sodium (for recipes containing less than 300mg of sodium per serving) or Super Quick Prep (for recipes that require 10 minutes or less of active prep time)

## Book Information

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## Customer Reviews

This is a very good paleo slow cooker recipe book. There is a pretty good variety of recipes, which I really appreciate. When I use my slow cooker, I tend to think stew and soup right away. This book gave me some new ideas. The recipes were pretty easy and I don't think you need too much skill

really; the instructions aren't complicated. I think some of the prep time was underestimated, but that's not a huge deal to me. I do think it's worth mentioning, though, in case you are on a tight schedule. The actual cook times were more accurate. The best part is that my fiance and I really enjoyed the meals. We've been following a paleo eating style for almost 2 years now and sometimes struggle to find new, tasty recipes. I'm not trying to lose weight, so I have to add some higher carb, higher starch veggies. I found it really simple to do so using these recipes. I really love this cookbook and think it has some great dishes I did deduct a star because of the prep times; they were not always accurate, which may be an issue for some people. Otherwise, I'm a very happy camper and I would definitely recommend this cookbook. Disclosure: I received this product exchange for an honest review. All opinions are my own and based upon my unbiased experience with the product.

I'm not on a paleo diet, but I do use my slow cooker a lot, so I was interested to see what kind of recipes this book had to offer. The book provides a brief description of the paleo diet and its benefits, as well as how the author feels slow cooking fits into the paleo lifestyle and makes it easier. All of the recipes include nutrition information, so that if you are keeping track of calories or macro nutrients, you don't have to do the calculations on your own. There's a pretty decent variety of recipes. A lot of slow cooker standards like beef stew, chili and chicken noodle soup and a few more unusual offerings like duck confit and jalapeno poppers. The book hasn't made me a paleo convert, but I can see myself making a few of these recipes again. I received this product for free in exchange for my honest and unbiased review.

I love cooking in my slow cooker! I love that I can just set it and go about my day and enjoy a nice delicious meal at the end of it. I have never tried the Paleo diet but I am always looking for healthier dishes so I was pretty excited to see what was inside the Complete Paleo Slow Cooker book. It starts off by explaining Paleo and the benefits of it, I found this very helpful. I absolutely LOVE the stocks, broth and sauce chapter. Now I have a great recipe for healthy stocks. The rest of the chapters are broken down into breakfast, sides, seafood, veggies and more. I love how quick and easy the recipes are to get started. They give a prep time and cook time, detailed instructions. Some even include little nutritional highlights which help you better understand the recipe. I like that it also includes nutritional facts like calories, protein, carbs, sugar, fat, fiber and sodium. This is very helpful for those keeping track. I just happen to have a whole chicken and am trying the Whole Roasted Chicken recipe, it's simple and seems like it will be loaded with some delicious flavors. I

have always wanted to make Beef Stroganoff so that is the next recipe I will be trying. Even if you don't follow the Paleo diet this book is loaded for of healthy recipes. I would have loved to see more pics inside, I got the Kindle Version so I am not sure if the paper book has more. I received this free for review purposes. All opinions are always my own.

My slow cooker is my go to piece of equipment during the school year. It helps me make meals that are ready for when we walk in the door or require minimal time from me in the evening. The Complete Paleo Slow Cooker is full of recipes that I can use in the slow cooker. These are healthier slow cooker recipes than what my mom taught me. No more condensed cream of anything is going in my slow cooker! This cookbook is full of recipes with ingredients that are easy to find. You won't have to go to a specialty grocery store in order to make a recipe. Many of the ingredients called for are things I already have at home. And I LOVE the recipes take 8-10 hours! Too often recipes take 4-6 hours and I'm away from home for at least 9.5 hours a day. The Paleo recipes are much more suited for my lifestyle. Plus the prep time for these recipes is 20 minutes or less! I gave the Complete Paleo Slow Cooker a 5-star review because the recipes are easy to follow, use common ingredients you can find at your local grocery store, take 8-10 hours to make, 20 minutes or less prep time and are healthy for my family. I received the cookbook at a discount in exchange for my honest and unbiased review. All thoughts and opinions expressed are 100% my own.

Good recipes and an interesting variety. I don't know if it's different in the paperback version of the book, but there were very few pictures in my kindle version. It's nice to at least have some idea of what you're cooking before you start. Also, the prep times were underestimated in my view. I don't cook a TON, and so it takes me longer than 15 minutes to, for example, peel a pound of onions, seed and chop 2 bell peppers and 3 jalapenos, peel and chop 4 carrots, halve 8 mushrooms, and zest a lime. That doesn't even mention finding and measuring out the spice ingredients. Again, the recipes I tried taste good and there was definitely a wide and interesting variety to choose from. But those small weaknesses made it hard to LOVE the cookbook.\* I received this book for free in exchange for my honest opinion\*

I have been using my slow cooker just for nachos for our parties. I ordered this book looked it over and decided to try the Dry Rub Pork Ribs. This recipe was really simple. Just had to mix all ingredients dry rub them onto the ribs let them marinate over night. Then I just put them in the slow cooker set on slow and let them cook for 8hrs. They came out really tender fall of the bone status.

We really enjoyed them and can't wait to try our next recipe. I received this product at a discounted rate in exchange for my honest and unbiased review.

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Will Love!

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