



Slow Cooker: Gluten Free: Gluten Free, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss and Healthy Living

Arianna Brooks

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Slow Cooking Has Never Been This Easy!

Try A Different Approach To Weight Loss And Healthy Living

*****80 Recipes Included*****

Paleo recipes encourage diet modification by choosing only the best and freshest ingredients that are gluten-free. This means that meals prepared the paleo way would definitely be good for your body. Although the initial impression is that this type of diet is too restrictive, you will be surprised at the variety of meals you can prepare; all you need is this book!

But how do you prepare healthy gluten free meals without all the stress and effort?

It's easy! This book has got all bases covered to help you on your quest toward a leaner and healthier you. You can even impress your friends and family with these delectable dishes!

Here's what this book has in store for you:

- Easy-to-prepare soups and chowders
- Savoury meat dishes
- A different take on poultry and seafood
- Healthy breakfast ideas
- Desserts to satisfy your sweet tooth
- Revitalizing hot beverages

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