



Gluten Free Crock Pot Recipes: 59 Fast, Easy and Delicious Slow Cooker Paleo Recipes for Effective Weight Loss (Weight Loss Plan Series) (Volume 2)

Annette Goodman

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Discover 59 Healthy, Easy and Delicious Slow Cooker Paleo Recipes for Breakfast, Lunch and Dinner for You and Your Family!

Do you have problems finding enough time to cook fresh and healthy meals for you and your family? Are you tired of monotonous and savorless eating? Do you find it difficult to maintain your gluten-free diet, because of your tight schedule?

Save your time and start healthy living with these delectable 59 slow cooker gluten free recipes tailor-made for busy people!

My name is Annette, nice to meet you!

I've been on the Gluten Free diet **for more than ten years now!** Although the main reason for my radical diet change was my diagnosis (Coeliac disease), **I would never-ever (even if given a magical chance) take the lane of eating gluten again.**

The Gluten Free diet will help you **detoxify, lose extra weight, minimize catching colds/getting sick too often and feel younger - both mentally and physically.**

Sweet Potato Paleo Pot

This breakfast is so delicious and can be eaten any time of day. The combination of the sweet potatoes, meat and eggs makes it a perfect filling gluten-free paleo meal! The spiciness complements the sweetness of the potatoes.

Chicken n'Veggies

The spices in this chicken dish are complimented by the use of alkalizing lemon. This is truly a one dish wonder. The celery and thyme top off the flavors, bringing aromas that go well with the delicious smell of the chicken!

Asian Paleo Wraps

The ginger and chili paste really complete the Asian flavor of the chicken. I would have never thought to add avocado, but after trying it once, I never serve it without it. It really adds a sweet mellow flavor that balances the spiciness of the meat!

Paleo Potato Kale Stew

Kale and sweet potatoes combined have an aroma that cannot be beat. Your kitchen will be filled with the smell of this delicious soup; having everyone in your home anticipating its completion. The combination of the vinegar and mustard may sound strange, but tastes fabulous!

Simply delicious! If you don't take care of your own body, where are you going to live?

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