



Idiot's Guides: Paleo Slow Cooking

Molly Pearl

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The wildly popular Paleo Diet is based on eating like our stone-age ancestors — good fats, lean meats, and lots of fruits and vegetables. *Idiot's Guides: Paleo Slow Cooking* takes a fabulous diet and brings it together with the trusty, time-saving slow cooker cooking method. More than 85 fantastic recipes and beautiful, full-color photography help readers satisfy a Paleo-friendly diet, while saving time and prep work.

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