

# **The Everything Paleolithic Diet Slow Cooker Cookbook: Includes Pumpkin Bisque, Herb-stuffed Tomatoes, Chicken And Sweet Potato Stew, Shrimp Creole, Is - Emily Dionne**

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The enjoyable and nearly effortless way to cook like a caveman! Whether you're a recent convert or a Paleo devotee, you know that the Paleolithic diet is highly effective for losing weight and improving your overall health. But who wants to spend all that time in the kitchen cooking and cleaning up pots and pans? Get out your slow cooker--it's the key to delicious dishes like: Buffalo chicken wings  
Strawberry-rhubarb compote Acorn squash autumn bisque Chipotle tomato sauce Salmon with lemon, capers, and rosemary Asian pepper steak Coconut mango spiced chicken Pork tenderloin with sweet and savory apples Herb-stuffed tomatoes Pear slush Based on the diet of our ancestors, the Paleolithic diet uses fresh and simple ingredients to promote weight loss, muscle gain, optimal health, and peak performance. Nutritionist and personal trainer Emily Dionne teaches you how to make satisfying, whole-food dishes for every meal--hearty breakfasts, healthy and filling lunches, sophisticated dinners, and even festive party fare. Author: Dionne, Emily Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Paleolithic Diet Slow Cooker Cookbook: Includes Pumpkin Bisque, Herb-Stuffed Tomatoes, Chicken and Sweet Potato Stew, Shrimp Creole, Is Pages: 00288 (Encrypted EPUB) On Sale: 2012-12-18 SKU-13/ISBN: 9781440555367 Category: Cooking : Health & Healing - Weight Control Category: Cooking : General

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