



## **(2 Book Bundle) "Paleo Slow Cooker Recipes" and "Paleo For Beginners" (Paleo Diet Recipes)**

*Karen Douglas*

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# **(2 Book Bundle) "Paleo Slow Cooker Recipes" and "Paleo For Beginners" (Paleo Diet Recipes)**

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### **Learn How to Lose Weight on the Paleo Diet by Cooking Easy Delicious Slow Cooker Recipes**

**If you are sick of the same tired diets with no results, then the Paleo Diet Lifestyle is for you!**

#### **Other Diets**

- Are mostly just fads
- Can be unhealthy
- After they are completed most people gain the weight right back
- Don't always promote a balanced diet

#### **The Paleo Lifestyle**

- Offers a new healthy lifestyle solution
- Provides a healthy way to lose weight that can be lasting
- Based on whole foods that the paleolithic era humans consumed
- Has the backing of several reputable scientist and studies

#### **What You Will Get From These 2 Books**

- You will learn how to save time and money by cooking healthy meals in a slow cooker
- You will be able to create delicious Paleo Diet Recipes with the over 90 Paleo Recipes included in these books
- You will be able to confidently shop for foods that you know you can consume on the Paleo Diet

#### **What Others are Saying About The Author**

##### **Great For Beginners... March 12, 2013**

By Franca

I am new to this eating lifestyle and this book has really been a great wealth of knowledge in explaining the different types of eating lifestyles compared to this one. Great and easy recipes and full lists of do's and food

lists...

**Get Started Right Now on a Healthier You! Scroll up and click "BUY"**

### **Authors Other Books**

Six Other Great Books From Karen Douglas Available For Purchase (Type the Http Link Into Your Web Browser to View Book Description):

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