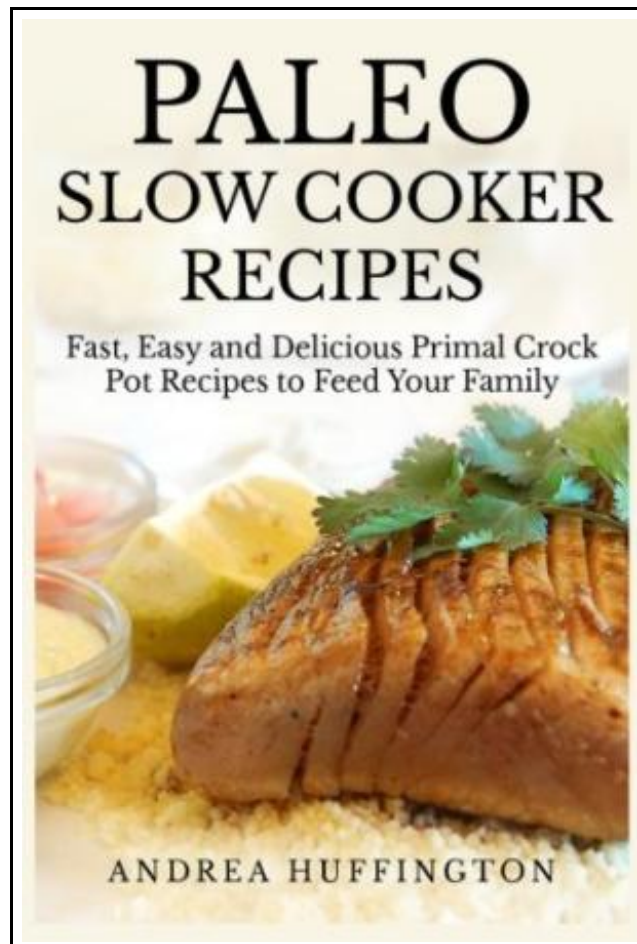


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 108 pages. Dimensions: 8.9in. x 6.0in. x 0.4in. How valuable is YOUR time to you Slow is the new fast . . . Just imagine yourself coming home after a long day at work, to find a healthy home-cooked meal just waiting for you and your family. No standing on your feet trying to put a meal together while ALL you really want to do is sit down and forget about the days troubles. With slow cooking you can have this at fraction of the time you normally spend on cooking, and its like having your own cook on duty! This is especially true for sticking to the Paleo diet, where the thought of starting a meal from scratch after a difficult day may tempt you to just grab a fast food meal. Although the cooking is slow, the food is fast, being ready for you with minimal preparation on your part. Chances are youre spending way too much time in front of a hot stove anyway. Why not give yourself a well-deserved break by learning the secrets of the crock pot In this value-packed little gem you will: Find out how the crock pot reduces your stress levels Uncover The secrets to make crock pot meals very tasty Discover Tips on how to go gluten-free (you really cannot be without these) How Slow Cooking makes sticking to the Paleo diet EASY How to easily lose weight in 30 days and gain strength at the same time Ingredients and substitutions that will make every meal rock! By allowing yourself to discover an easier way to do things, you free up more time to do the things you really want to be doing with the new-found energy...



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