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Make Ahead Paleo: Delicious and Easy Slow Cooker Meals From Freezer to Plate in 15 Minutes (Volume 1)

Sarah Swanson

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You want to eat delicious paleo-friendly food....but don't have the time?
No Problem! I will show you exactly how to prepare delicious paleo recipes using nothing but a slow cooker and a freezer. Just throw in the ingredients, set the cooker, and FOGGETABOUTIT!!!
Stash the leftovers in the freezer to make freakin' tasty meals later in the week in a snap.
I will reveal to you the most mouth-watering paleo recipes you have NEVER ever tried. - they are so easy to make, a little girl could do it - they are so tasty, you will feel your palette dancing in your mouth when chewing - you mix and slash up the recipes as you like! there are so many freakin' combinations, you will never eat a boring meal again!

---- A note from Sarah -----
I wrote this book because I used to suffer from celiac disease, and the food I was eating was killing me! After cutting gluten out of my diet, my body started readjusting. I used to beat my head on the wall trying to come up with ideas for lunch and dinner until....I started writing them down.
I typed up my random scribblings and wrote them into a nifty little book for you. For less than the price of a fancy coffee, you will get 30 life-changing recipes (yes, they're that good) you can tweak to your taste!
Now I'm all about paleo, but even if you're not strict like me (or your body isn't as sensitive to gluten as mine), you will love these recipes.
With love,
Sarah Swanson ----------

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From reader reviews:

Anna Maday:

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Ernest Keeler:

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