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The Paleo Slow Cooker Soup Book: Delicious Slow Cooker Soups for the Paleo Diet

Gordon Rock

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The modern Paleo diet is based on whole, natural foods like fresh fruits and vegetables, nuts and seeds, eggs and fresh protein. Though you may think that the principles of the Paleo diet are restrictive, there are actually a wide variety of foods you can enjoy. In this book you will receive a sampling of some of the many delicious ingredients you can use to concoct tasty and Paleo-friendly recipes including Venison Stuffed Cabbage Stew, Spicy Clam Chowder and Turkey Zucchini Soup. With these recipes on hand you will never be bored following the Paleo diet!

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Barbara Taylor:

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Gregg Spencer:

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Jewel Tarr:

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