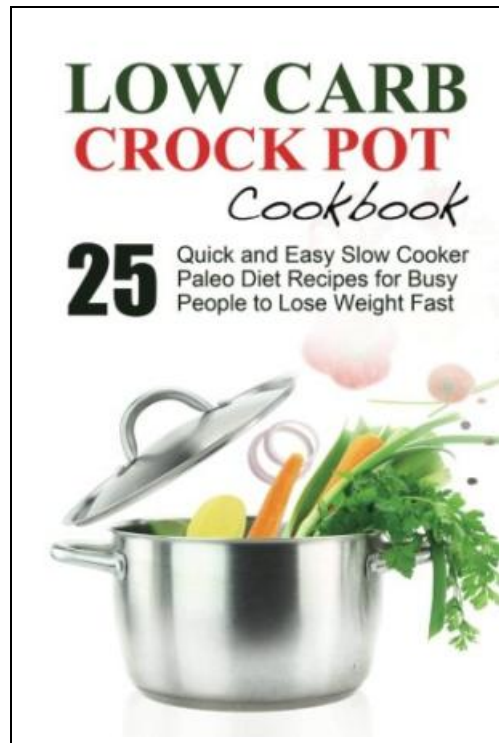


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(Faye Shanahan)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.By the time you are finished reading this book, you are sure to completely understand why this is one of the best options for healthy weight loss. The Health and Wellness Benefits Will Be Incredible! Delicious Paleo Recipes Included! In today s world, many people are trying every idea they can think of in order to lose weight quickly. However, it is also important to try to lose weight in a healthy way. It is an unfortunate fact that many people forget to try to be healthy when attempting weight loss. A low-carb paleo-style diet is one of the best possible ways to accomplish a healthy, balanced diet while still losing plenty of weight and staying fit. This book will explain how a low-carb paleo style diet works. By the time you are finished reading this book, you are sure to completely understand why this is one of the best options for healthy weight loss. This book also explains the benefits of cooking with a slow cooker. In the same vein, all of the recipes included in the latter part of the book will be able to be made in a slow cooker. Everyone is busy these days, and between balancing work, family, hobbies, and commuting, most people are looking for the quickest and easiest recipes available. The recipes in this book are written with busy people in mind. The preparation time is brief, and the recipes can all be placed in the slow cooker and left to cook for hours while you take care of other important parts of your life. The last chapter of this book will include a low-carb paleo style slow cooker meal plan for one...

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