



# **28 Delicious Paleo Slow Cooker Freezer Meals in less than 4 Hours: Healthy Recipes to Lose Weight Effortlessly, get Healthier and Gain Time**

*Diana Frost*

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Are you struggling to find just a bit of time to unwind at the end of the day?

I hear you.

Nowadays we put more and more expectations on ourselves. We want the perfect body, the perfect mate, the perfect job/business, the perfect children (for some), the perfect car, the perfect finances, the perfect house and we still want to keep up to speed on current events, and social media.

So this ebook can't help you with everything listed above.

But if you're on the Paleo Diet and you want to reduce the amount of time you run around shopping for food and then preparing meals, then this is the ebook for you!

Freezer batch preparation has saved me many times. I can't count the times I've gotten home from work and would have been tempted to just order pizza if I didn't have my flavour-packed Thai Panang Beef Curry or Kung Pao Chicken waiting for me in the slow cooker!

I've always been skeptical about fad diets but for some reason I looked into the Paleo Diet and I liked what it proposed because it was a health-based diet as opposed to just about losing weight. It has made a huge difference in my energy levels, my sleep and my weight loss.

According to Dr. Daniel Amen, "Adhering to a diet that includes only smart carbohydrates, healthy fats and proteins, and eliminates grains, potatoes, rice, sugar, and process food is essential to reversing disease".

Short and long term scientific studies show that the Paleo Diet either matches or outperforms the typical recommended diet (including whole grains and low-fat dairy) for improving weight loss, cardiovascular health, blood glucose levels, and digestion as well as reducing toxicity and inflammation in the body.

My favourite thing about it is you can stop counting calories!! Eat when you are hungry. The foods recommended have so much nutrition that you will feel full and satisfied.

AND

These foods that will turn your body into a FAT-SCORCHING machine and you'll get much healthier while doing it.

Plus, these paleo slow cooking recipes will save you time in the kitchen that you can apply elsewhere!

I know what you're thinking – not another tasteless slow cooking recipe!!

Well fear not! These recipes will blow you away – they are packed with flavours from around the world.

Here's what you'll discover in this cookbook:

\* 7 DELECTABLE paleo, low-carb, gluten-free, dairy-free recipes

\* 7 bonus flavour-packed side dishes

\* A shopping list and suggested weekly meal plan

\* Exactly why the paleo diet offers so many AMAZING HEALTH BENEFITS, can help you to manage your weight and will give you TONS of energy

\* 10 essential tips on freezing and thawing your food

\* Top tips on food storage, food purchasing and food handling

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